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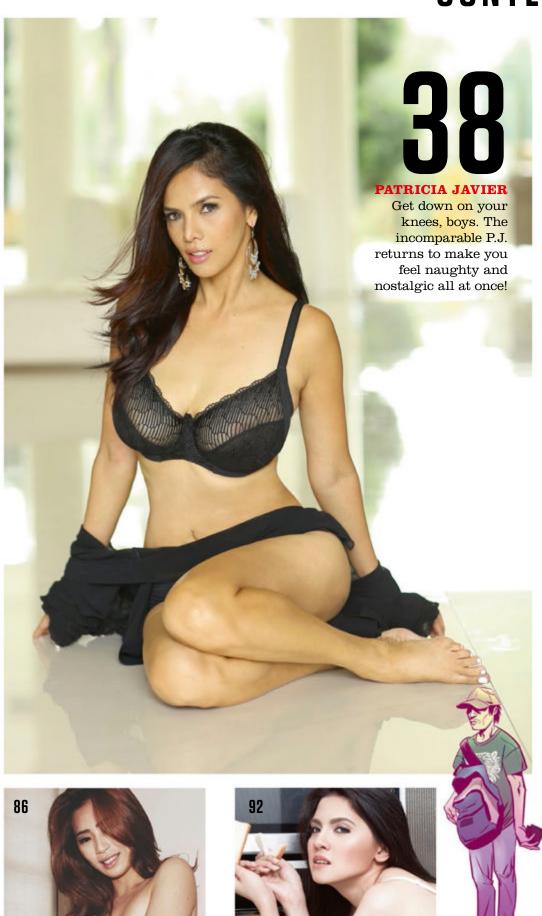




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AIMARD

NAUTICAL STYLING

From the city to the sea, Lacoste's footwear collection combines nautical style and function, adapted for the contemporary lifestyle. Inspired by the timeless elegance of sporting holidays on the Riviera where Lacoste first became de rigueur for the fashionable crowd, this season's collection brings the maritime trends to the fore.

A contemporary update on the classic espadrille, the Aimard by Lacoste offers functional footwear whether you're in the city or on the dockside. Founded by sporting style icon, René Lacoste, the brand is renowned for their attention to detail – and this style is no exception. Combining leather with herringbone canvas, bold stripes add a fresh update to this easy-to-wear style that works perfectly for the urban gentleman.



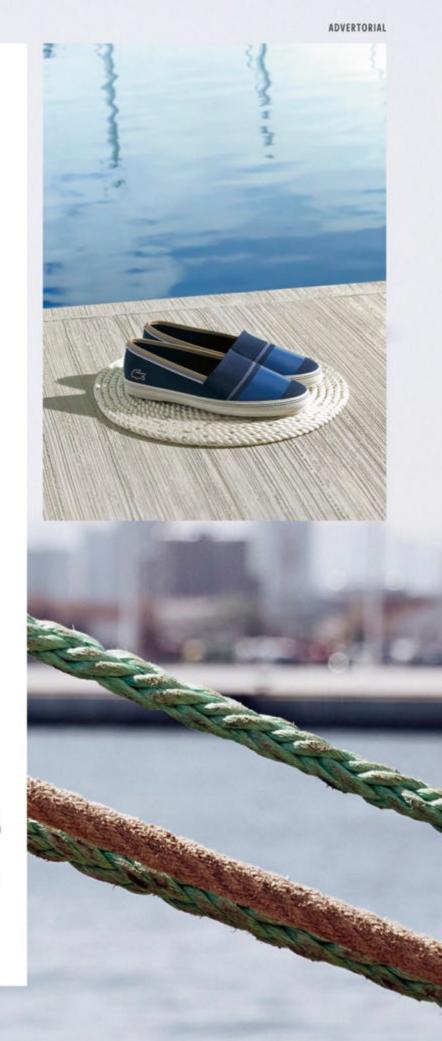




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pentstarsports.com



THE TEAM: WHAT *FHM*ers have been up to this month





Celebrated 15 fine years of this humble rag by launching FHM XV with captivating covergirl Max Collins. Not pictured: the boozing, the rock bands, and the inebriated staffers that followed this classy press conference.

The always radiant, babyfaced Patricia Javier made the FHM staff look like a gang of pudgy louses during her fourth cover shoot for the magazine. Teach us how to go #beastmode, Pat! Below: Issue #1 vets Chief and PJ hamming it up, just like old times!



FHM.com.ph Managing Editor BA got up close and personal with Jollibee and Hetti at daughter Betina's first birthday party. Sarap ng unli-spaketchup!





Section Editor Anton got together with five of his siblings for a mini-reunion in honor of his big bro's recent engagement. Congratulations, Miggy and Ange! Time to make some healthy, chubby babies!



We'd like to introduce you to our new EA, Chise! For his first assignment, we put him in the makeup chair and asked him to strip himself of any form of dignity. Welcome, Chise! You will be under the tutelage of THE Pong Castillo, master of the EA arts

The cover that didn't make it! EA Pong channels her innerdiva for a fro-tastic outing that could've launched her bid to star in the Annie sequel.





Kuya JL got some much needed shuteye after months of sleepless nights crying his eyes out. Why? That's for him to know, and you sexy ladies who like sensitive men, to find out.



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Video Specialist Engellheart (yes, that is in fact his name) provided beer and karaoke entertainment as he entered the harsh world of adulthood.



LETTERS 04/15 FAGEBOOK.GOM/





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SURPRISE, SURPRISE!

This year is going to rock. Literally. As you started 2015 with one of the sexiest Pinays I can ever remember and added up a sip of Aiko Climaco's Piña Colada. I know you have more surprises for us, your readers, for the coming months. Your magazine's unpredictability amazes me sometimes (I didn't expect Myrtle Sarossa and Andrea Torres to pose for your magazine anytime soon, but they did!), and you have grown from just a sexy magazine (LBR) to a man's bible because of your exciting and useful articles. Kudos to the editors and writers, Allan Altera, for giving us cover girl hints every third week of the month, and the art directors for the amazing layouts. Demigods on earth, indeed. Happy XV, FHM!

Franz Tantiongco, by email

THE RUNDOWN

I can't describe how thrilled I am by your XV anniversary issue. First, you've got Max Collins on the cover; second, you guys made me laugh with those comic strips; third, for including iconic heroes; and lastly, "The Great FHM Throwback." It was epic, parang walang pinagbago! Kayo talaga FHM, anything to please your readers. Thick issue na, may overhaul pa. Hindi nakakasawa! Happy XV, FHM! Hoping for more years with you!

Kenneth Fajilan, by email





HIS XV TRIBUTE

Happy 15th anniversary, FHM! I have been an avid reader since 2004. Yes, that's 11 years of togetherness. February 10 last year, we left the Philippines for the US. It was tough for me. I was glad to be migrating, but it was difficult to leave my life in the Philippines. Buying the February 2014 issue was very difficult, too, thinking that it might be the last FHM copy I'd get to read. I finished reading the whole magazine in one sitting. I thought it was the worst way to celebrate my first decade with FHM. I left the country and from then on, I started visiting FHM. com.ph almost daily because I know that it's the only way to still have a hold of FHM. A couple of weeks later, you revealed that Marian Rivera would headline your 14th anniversary issue. It made me miss FHM more, but there's nothing more that I could do than to beg for someone in the Philippines to buy it for me and keep it until my return. Seeing BTS videos and photos of Marian's sophomore cover shoot in your website, glowing reviews from fellow readers, and scanned photos of the magazine, just made me feel sorry for myself. I really wanted to own it. First week of March, we went to this Filipino store to look for FHM. To my disappointment, it carried almost all magazine titles except FHM! I was disheartened. I was about to lose hope. Come second week of March, my brother from London showed me a fresh copy of the March 2014 issue while we were

green with envy. He said he got it as a pasalubong from a fellow OFW who just arrived from the Philippines. March 15, still believing that there's a chance, I called the same Filipino store that I checked a week ago and inquired about the availability of FHM. She confirmed that they were available so, I quickly got dressed and went there... And there they were! 11 copies of your March 2014 issue ready for the taking. I immediately grabbed one and paid for it. I couldn't believe my luck! What I thought was the end of my collection was actually the beginning of its continuation here in Las Vegas. I can't be any happier that it was Marian who kick-started my collection here. It's been a year now since that happened and here I am still regularly buying FHM whenever I can. It makes me feel like I'm still in the Philippines and that's a big thing for me. I hope you continue to produce amazing issues month after month, especially now that you're on your 15th year. Another wish of mine is to become an official FHM contributor even just once. I'm willing to do it for free. All I want is to become a part of your team and be credited (like having my name in the 'FHM is brought to you by' page) for whatever I can contribute to the magazine. I hope you can help me cross this out on my bucket list. Thank you! That is a milestone. Happy FHM XV! Cheers!

Justin Agdipa, Las Vegas

THRILL OF THE CHASE

This summer, set-off with a high-speed chase for that badass looking timepiece. With a range of daring, modern styles from dangerous curves to confidentlines, Police Spring/Summer collection guarantees to keep you overdrive.

COPPERHEAD

Selze every chance and dare to take risks! Perfectly encased in stainless steel, Copperhead watch is designed for guys who never back down. This timepiece comes in Black leather strap that looks totally primal, allowing your instinct to follow your gut feel and channel your boldness to run after the unfamiliar.

DIAMONDBACK

Look effortlessly cool with Police Diamondback and be ahead of the game. Designed with three-hand movement and date function, it ensures you to have that one step advantage on every game.

REAPER

WWW.POLICELIFESTYLE.COM

Trigger the daredevil in you with Police Reaper watch - a cool as hell accessory with a 'live for the moment' attitude. Its antique silver dial with a 3D skull backdrop sure gives off shiver that makes you feel alive.

LETTERS

EVEN HOTTER IN THE DESERT

I have two pictures fresh from Iraq. I've worked there for six weeks, and now I'm on a two-week vacation. I'm glad that I have a copy of FHM to help me release stress. One time I brought a copy of FHM to our office and shared it with my colleagues. It was their first time reading it, and they loved it! I captured some photos and promised them to submit it for the April issue. Also, I will be celebrating my birthday on April 13. I hope to see these photos in your magazine. Thanks! Christian, Batangas City



PERFECT BREW

Naimbag nga aldaw, FHM! I'm managing a tea shop here in San Juan, La Union, and seeing these lady surfers (local and foreign) and artistas every day makes me ask why not shoot another Bikini Issue here like Bela Padilla's? Please do! This is also to help promote the tourism here and the yearly Soul Surf. On that note, hoping to see Mara Lopez on your cover. Anyway, our shop celebrated its 1st anniversary last Feb 21 and my 22nd birthday was last March 12 (my 2nd time to celebrate here). Posting this letter in your rag will be the greatest gift I'll receive in my whole existence for sure! Attached here is the group picture of my team (Team Good Vibes). We already are claiming that you will post this in your April issue. And the cherry on top: Happy 15th birthday to our wingman!

Bonjovi Baquiran, Batangas City



THE FAMILY MAN

It's been 39 years since I first saw light. My mother raised me with all the love and care. Even now that I'm an adult, she's always there for me in times that I am down. Nothing in this world can replace you, my Mama Linda! You are the best mother to me and my sister. I love you and I really appreciate all the things you had done for us. To my sister, Tet, I hope and pray that you're very happy there with our creator. Same goes to my wife, Marilyn, and two kids, Russel Mae and Allyzel. My love is always there for you! Mwah, mwah, tsup, tsup! Batman_21, by email



#ENDLESSSUMMER

Summer has just started, and I'm very FHM-inspired. I hope you would share this with your hot readers. I'm excited for your new summer collection. More power, and keep the fire burning. Cheers! Nadine, by email

SPOTTED

I just want to surprise my girlfriend with this picture of her taken last January 27 when I celebrated my birthday! I thank God that I found her. I am so happy. I'm back at collecting your issues this year. More power and God bless.

Rvhie, Mabalacat City, Pampanga



WHO THE HELL **ARE YOU?**



After we attended the mass at Manaoag church in Pangasinan, we went to San Fabian Beach to relax, swim, and go sightseeing, but there a fisherman posed in the background!

Fedel, by email



GIRLFRIEND-APPROVED!

My guy is an avid reader of FHM, so when he got a permanent job last 2013, he started collecting na. At first, inis ako, but he asked me to read one issue. I read the Erika Padilla-fronted issue and I really learned a lot. I enjoyed it! Now I remind him to buy every issue. Here's our photo. Thank you so much, FHM, and more power.

Rimar, by email

FROM ACROSS THE SEA

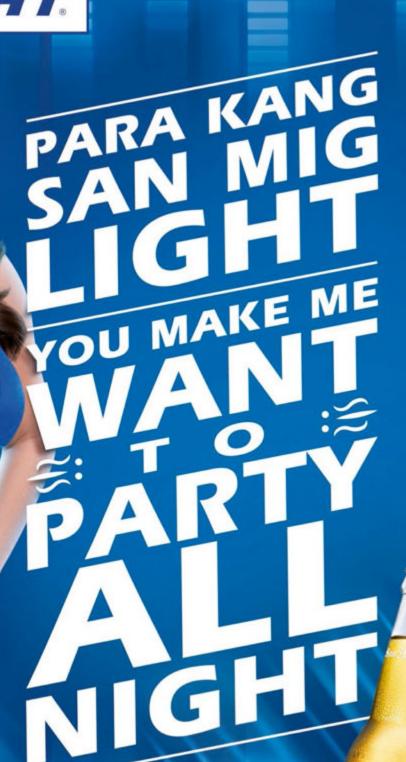
I'm a seaman and a diehard FHM fan. My girlfriend and I are celebrating our first aniversary, and also her 26th birthday this April. Limited ang communication namin dahil bihira lang ako magka-signal, kaya naman we can't celebrate our first anniversary. Gusto ko siyang mapasaya in a simple way kahit malayo ako. Napaka-espesyal niya para sa akin. I love you, Janah ko! Always take care.

Benmark Alano, by email









Padilla

Mahaba-habang hiritan, mahaba-habang inuman...









WISDOM YOU SHOULDN'T LEAVE HOME WITHOUT

PHOTOGRAPHY: JAKE VERZOSA

INTERVIEW:
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MAKEUP: AMANDA PADILLA
OF AT EAST JED | ROOT
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L'OREAL PROFESSIONNEL



GRIS-FOOTBALL-WINL

Trust that the Philippine Lady Punishers' ball-handling skills are better than yours







GEMMA RETUBA, Wide Receiver

What attracted you to the sport?

It's new in the Philippines. I like the challenge and the adrenaline I feel when I get tackled.

If a guy were to challenge you in running or tackling, do you think you could handle yourself on the field?

Last month I tackled a guy and got bruises and wounds on my legs. When I'm playing with them, I rely on adrenaline *talaga*. The challenge is to give more than a hundred percent when you perform.

So what do you think are the qualities needed to become a great football player?

First off, discipline. You have to push yourself to the limit.

What are the common misconceptions about female football players?

Ang *unang* impression, "Ah, *tibo* 'to." But some guys like it when girls are boyish. So balanced *ka dapat. Sa labas ng* field, girl. *Sa loob ng* field, boy, *para makasabay sa kanila*.

You've got a tattoo on your chest. What does it say?

It's Latin. "With her own wings, she flies." I got it when my sister went through a rough time and I had to step up and be more like a mom to her. The tattoo is a test of our love.

What's your most memorable moment playing with your team?

Our first competition against Guam. We lost, and it proved that we needed more experience. Being in a team means you have to work as a whole. Sometimes you lose not because you are not good enough, but because you are not ready yet. As a team, we need to work on building strength.

FAITH BELO, Wide Receiver

Can you describe the rush you get from the game?

I find this sport really exciting. I look forward to Sunday training *kasi* I get to release stress.

What was it like competing with another team from another country?

We're the first in the Philippines to build a women's tackle football team. Going against Guam, we didn't know what to expect. Grabe yung pressure. Nung naka-touchdown kami, sobrang saya na namin.

How does the team prepare for a big game?

We do conditioning. We do cardio for stamina, and tackle drills. We usually tackle each other.

You and Gemma are both wide receivers. Can you enlighten us on the role you guys play?

A wide receiver gets the long passes. I'm one of the tallest girls in the team kaya ginawa nila akong wide, pero before I was actually a running back kasi sabi nila, I run fast din.

What do you think is the sexiest thing about football?

I think it's the discipline that comes with football. It keeps me healthy and in form.

You're a pre-school teacher. Do people ever get shocked when they find out that you get down and dirty on your time off from teaching?

Di nila in-expect kasi dapat rough ka raw pag football player ka. Ako kasi, I love kids. Pati yung parents ng kids nagugulat. Ha ha!

Do you have any mantra for when you're about to enter a game?

Wala naman, ha ha. Parang "Lady Punishers on three! One, two..." Yun lang, ha ha!

PAULINE MANAUG, Quarterback

How has playing football changed your lifestyle?

I was already a health buff before, but in playing American Football you have to be stronger so I've trained more, and worked hard on cardio and a lot of other aspects of the game.

Isn't the quarterback a very important position? Do you sometimes feel pressured while playing?

All the time! When we went against Guam, I was one of the quarterbacks. The pressure comes in when I think about my game plan, because that's what the team would execute.

How do you psych yourself out before a game?

I look at my teammates. I look at each of their faces so I know that if I screw up the plan, every one of them will fail.

How would you describe the adrenaline kick in a game?

The adrenaline is so high in a football team. We always try to get the high from the adrenaline.

Do you consider yourself an adrenaline junkie?

Working out every day... I guess. Ha ha! It's important to be fit and healthy at the same time.

What's the importance of having a female team represent our country in this male-dominated sport?

I guess it shows that women aren't limited to a certain aspect in life. Women can do what men can, sometimes even better. This is proof that women also have a voice, the skill, and the power to dominate the sports usually played by men. **FHM**



it for pleasure

www.premiere.com.ph







MANNY! MONEY! **MANNY!**

The Bureau of Internal Revenue is taking notes!

MOST EXPENSIVE TICKETS EVER

Had plans on watching this awesome fight? So did we! That was until we saw the prices: The not-so-good seats sell for

\$10,000

(P440.000)



The which-antare-you-rootingfor seats sell for

\$1,500 (P67,000)

(hey, Mr.

The best seats reserved for "close friends" Singson) are priced at a very low

(P704,000)

YOUNG BLOOD

Manny has come a long way from his humble beginnings. For his first match as an amateur boxer, peewee Manny P. scored an amazing



THE ROACH ISN'T BROKE

Manny's not the only one on team Pacquiao that's getting a payday. Coach Roach gets at least

MOMMY D'S SURPRISE

MANNY'S PAST GIFTS FOR DEAR DIONISIA



P7,000,000



HERMES PURSE

Mommy's expecting double because you're gonna make twice as much this fight,

What's this sultry nanay spending P16M on? We hear very pogi dance instructors go for P5k a day. Lessons for 8 years? Mommy D's gonna be ballroom ready for some dirty



\$80,000,000 to \$100,000,000

PACQUIAO'S ESTIMATED **EARNINGS**

> ESTIMATES MADE BY: FORBES.COM

40:60 RATIO



LET'S GET THE CASH IN!

The hype is real, and so is the money. Well, at least for Mr.
Michael Buffer aka LET'S GET READY TO RUMBUUUULL guy.
He reportedly gets around

\$100,000

every time he says those five words. What. A. Job.

Manny should've realized long ago that boxing is where the money's at. Manny reportedly receives as much as an average coach in the PBA would according to Domingo Ginia, President of Kia Motors Philippines. A measly P500,000-P1,000,000 for showcasing his amazing talents as a playing coach for Kia Motors.





JINKEE AND HER NOT SO IDENTICAL TWIN

If you're a loyal viewer of Manny's fights, you must've noticed that Manny's not the only one who has changed throughout the years. Jinkee has transformed from cute girlfriend to desperate housewife to Belo Model in a span of a few years. From smart liposuctions, regular glutathione and face tightening procedures, we estimate that Jinkee is at least P300,000 worth of beauty away from her twin sister. Maybe

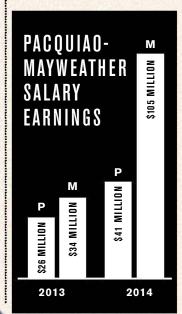
Manny needs to help Ms. Janet catch up?



PAY-PER-VIEW SALES

With the recent increase in popularity of PPV subscriptions in US and Europe, the PPV prices have become the main source of income for popular boxers nowadays.

Luckily, the Philippine PPV prices haven't shot up, staying at a somewhat affordable price of P1,000 to P1,500, which can't compare to the prices in the US which range from \$90 to \$100.



PACQUIAO-MAYWEATHER ESTIMATED EARNINGS FROM FIGHT PURSE + PPV SALES

> \$120,000,000 to \$150,000,000

> > MAYWEATHER'S ESTIMATED EARNINGS

THE DREAM



Most Filipino professional boxers can only dream of getting as much caching as Manny. They get an average pay ranging from

P2,000© P50,000

BREAKING WORLD RECORDS

...With chainsaws, sausages, and a whole lot of sex

Most beers opened with a chainsaw

Because this has to be the manliest, most testosterone-filled record ever. John Nicholson opened 18 bottles in 1 minute. Astig mo p're, pero kami na magbubukas ng amin. Thanks.

02

Longest sausage

The longest sausage ever was made by a bunch of Romanian people in some parking lot in Ploiesti. It officially measured 62.75km. How's that for a mouthful?

03
Fastest internet download speed

Aka the record the Philippines will never hope to get. This one belongs to South Korea with an average speed of 33.5mb PER SECOND. Pa-expinaman ng net, Korean-senpais!

Gamers
Assemble!

In 2007, Guinness
World Records
introduced "World
Records Gaming Edition"
to cater to its expanding
demographic of
technologically savvy
record breakers.

Go-getter
Ashrita Furman
also holds the record
for the highest number
of held records by an
individual at the same
time-131 to be exact.
This guy does some
weird shit.

Almost-Record

At 6.17m, Lolong, the crocodile found in Mindanao, could have beaten the record for World's Largest Saltwater Crocodile in Captivity. Too bad he died. RIP Lolong.

04

Fastest toilet

For the times you're late for work *kasi nahihiya pa siya*. This tricycle turned speeding toilet goes as fast as 68kph. How's that for Shit-to-Go?

Most frequent sex

A scaly cricket from Australia that has sex 50 times in 3-4 hours. You might ask, "Why so tigang, bro?" Well, it's not exactly the males' fault. Each time a male shoots his load on the female, she immediately devours the sperm because she considers it very nutritious food. You might want to show this to your girlfriend.

06 Most bananas snapped

Aray ko beh! The record belongs to Ashrita Furman for snapping 99 bananas in one minute. Ninety-nine bananas and we're glad ours ain't one.

07Most bras unhooked

This record belongs to the Sean Murray (isa kang alamat, tsong). He unhooked 91 bras in one minute. We don't know about you guys but we see this and think:
CHALLENGE ACCEPTED.



PROUD-TO-BE-PINOY RECORDS

1 Largest Secret Santa

Globe Telecom, Inc. achieved this record on December 18, 2011 by coordinating a secret Santa event including employees not just from the Philippines but also from Hong Kong, Taiwan and Singapore!

2 Largest Charity Walk

On February 15, 2015, 175,509 Iglesia ni Kristo devotees marched to Quirino Grandstand to raise funds to help victims of typhoon Yolanda. Good on you guys!

3 Most Women Breastfeeding

A women's group (duh)
called Children for
Breastfeeding performed
simultaneous breast feedings
at different locations from all
over the Philippines. Maybe
we could volunteer next time.

GUINNESS WEEK 2015: MAKING HISTORY HAPPEN IN THE PHILIPPINES

 A&E Networks and a bunch of talented Pinoys are going to attempt to break history this April 2015 by breaking six Guinness World Records.

APRIL 8 TRIKE PATROLIN'

Tricycle drivers from Isabela are trying to break the record for Largest Parade of Motorcycles with Side Cars. Cruise on down to Isabela to see it!

APRIL 11 BURNOUT TAGATAY

Paradise City ain't got nothing on the bikers of Tagatay rollin' out to break the record for the Most Number of Motorcycles Doing a Burnout.

APRIL 12 4 RECORDS FOR THE PRICE OF 1!

Free to watch and all happening in Market Market. Witness: 1) The Largest Gathering of People Born in the Same Hospital 2) The Largest Gathering of People Using Mouthwash Simultaneously. 3) The Fastest Time to Eat a 12 Inch Pizza, and 4) Watching the Center for Culinary Arts Asia parade the Most Number of Balut Recipes you'll ever see! See you guys there! Let's make history.

WORDS: CHISE ALCANTARA



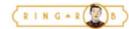














BAR ROOM JOKES

Hit the punchline

Double double, toil and trouble

An explorer goes into an undiscovered tomb for the first time, and in the center of the tomb finds a lamp. He picks it up, and as he starts to rub the dirt off of it, a genie comes out of the lamp and says, "I want to know the person you hate the most." The explorer says, "That's gotta be my ex-wife. Why?" "I am a cursed genie. I will grant you three wishes, but whatever you wish for, your ex-wife will get double that amount." "Okay, I wish for a billion dollars." "Granted, but your ex-wife gets two billion dollars." "I wish for a mansion in California with a swimming pool, and tennis courts, everything." "Granted, and your ex-wife gets two." "Now make your final wish." The explorer walks around for a few minutes, returns to the genie with a stick, and says, "You see this stick? I'd like you to beat me half to death."

Eric_rider, by email

Plan B

A man walks out on his front porch one day and sees a gorilla in the tree on his front lawn. He calls animal control and about an hour later a man shows up with a ladder, a pit bull, and a shotgun. The animal control employee tells the man, "I'm here to get the gorilla out of your tree. I'm going to use this ladder to climb up the tree and shake the branch the gorilla is on to knock him to the ground. The pit bull is trained to go after anything that falls from the tree and bites their balls which calms the animal down so

What happens next

An older Pedro comes to inuman one night with a broken phone. "O pare, anong nangyari sa cellphone mo?" "Eto, nagpapabagets kasi si misis gusto niya manood ng Fifty Shades of Grey." "O tapos?" "Pinicture-an ko yung buhok niya."

I can put him in the truck." The man says "Okay, I see what the ladder and the pit bull are for but what is the shotgun for?" The animal control employee says, "Oh, that's for you. In case I fall out of the tree instead of the gorilla, shoot the dog."

Kuya Keem, by email

JOKES

DONUT JUMP

Q: Ano'ng sabi ng Mama Donut kay Baby Donut nung umakyat ito ng puno? A: "Hoy, lintik kang bata ka, bavarian!"

By Medyas via Facebook

PORMANG BAYANI

Q: Sinong bayani ang mahilig magsuot ng beanie? A: Eh 'di si Apolinario Mabeanie!

By Sogo_Hotel_My_Home via Facebook



SHE KNOWS

A man walks into a bar and overhears a customer and bartender talking about a prostitute that can give blowjobs while singing the national anthem.

The man had to experience this impossible act for himself so he asks the bartender where he could find this talented girl. The man finds the girl and they make their way to a motel nearby. As she's kneeling in front of him, he hears the song, "Bayang magiliw..." clear as crystal. He wanted to look at the magic that was happening before him but he was overwhelmed with pleasure. After their session, the man went back to the bar to ask the bartender how the prostitute gives her multi-tasking blowjobs. The bartender winks back at the man and says, "Oh that's easy! She has a glass eye."

Lizzie, Essayist

Strong Desire All Night

Do you find yourself uninterested and too distracted for sex? Sounds like your bedroom desires are not into play and this can lead to poor performance, making you and your partner both unsatisfied. You can actually do something about it, by taking Robust dietary supplement for men and keeping these tips in check, you'll surely improve your drive and will make your partner happy.



Stay active; this improves your endurance thus improving your sexual performance.



Relax like a pro because stress can destroy all areas of your health, your libido included.



Don't ignore the sun for it gives you vitamin D which is essential for male reproductive organ.



Ditch your bad habits - the alcohol and cigarettes, for they have adverse effects not just in your sexual health but in your body overall.



Pay attention to your partner's desire than your own, this can help in turning you on or if it slowed you down, please her by taking other course of action.

To have satisfying bedroom experience that will definitely make your partner happy, take Robust dietary supplement for men as it enhances stamina and libido and provides lasting erections. A Robust tablet is made of Horny Goat Weed that's used to treat erectile dysfunction, L-Arginine that can improve sperm count and quality, Songaria cynomorium that strengthens loins and knees, and Gamma Amino Butyric Acid that aids in relaxation and helps improve concentration making sensation during orgasms better!

Make sure to take one or two tablets, an hour or two before your intimate activity, so you'll give only the best to your partner.

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NO APPROVED THERAPEUTIC CLAIMS



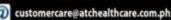


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Penetrate her mind UNGE

BEST GLASS

FORWA

Photography: **Heidi Aquende** Words: Ron Jay Eduvas

Special thanks to Beer Cochico and Toni Santos of **Draft Gastropub**

Stir, shake, and serve these DIY summer cocktails, and impress a lady or two...

Take me home

What it tastes like: Cool and minty.

How it fares as a drink:

"A lot of ladies are afraid of Jager kasi alam nila it'll knock them out. This lets them still enjoy its bold flavors without fear of getting KO'd by it," says Beer Cochico of Draft Gastropub.

Our lady tasters say:

Jean: "It tastes like a homey drink. *Kinabahan* lang ako sa name! Ha ha!"

HIT LIST

2 oz Jagermeister1 oz Malibu3 oz pineapple juiceServe: In a rock glass

DIY

- 1 Pour all ingredients in a cocktail shaker.
- 2 Add ice.
- 3 Shake.
- **4** Strain (pour) into a whiskey glass.

TIPSY METER

Sweet kiss

What it tastes like:

According to Cochico, fruity sweet "na hindi nakakaumay."

How it fares as a drink: Frozen and shake-y.

Our lady tasters say: Jean: "I really prefer frozen cocktails especially

this one. It's like a shake.'

HIT LIST

4 oz mango puree 2 oz Peach Mango Schnapps 1 oz Grenadine

Serve: In a Poco Grande glass

DIY

- **1** Blend all ingredients until smooth.
- **2** Add ice and blend again.
- 3 Pour into a tall glass.

TIPSY METER

Green Eyes

What it tastes like: Fruity, sour, and spicy. How it fares as a drink:

"Ladies are big fans of tequila, and this cocktail is tequila—but with a twist: Midori and melon liqueur, plus pineapple and cranberry makes it fruity and sour, too." Cochico says.

Our lady tasters say:

Aleen: "I think it's perfect for that sundown-luaukind of day."

HIT LIST

1.25 oz Midori 1 oz tequila 0.5 oz Triple sec Pineapple juice Cranberry juice

Serve: In a Collins glass

DIY

- 1 Put three to four pieces of ice in the cocktail shaker.
- **2** Pour the tequila, Midori, and Triple Sec.
- **3** Mix in pineapple juice and cranberry juice.
- **4** Shake and strain into a glass when done.
- **5** Stir and serve.

TIPSY METER

Nuts and Berries

What it tastes like: Like well, nuts and berries—but also, Cochico adds: "Raspberry, hazelnut, and then a twist of milk." How it fares as a drink: Girls who are big fans of piñacoladas will definitely fall in love with this drink.

Our lady tasters say: Jean: "It really looks

appealing. And it tastes like next-level fruit punch."

HIT LIST

2 oz Chambord 1.24 oz Frangelico 3 oz milk

Serve: In a martini or Collins glass

DIY

- 1 Combine all ingredients in a cocktail shaker.
- 2 Add ice and shake.
- **3** Pour into a martini or a Collins glass.

TIPSY METER

TAKE HER Home!



Disaronno

Italian liqueur flavored with fruits and herbs

Grenadine

Sweet syrup made of pomegranates (which also tastes like pancake syrup)`







ALEEN, 30



JESSICA. 24



JEAN. 21



Beauty and Madness

What it tastes like:

Creamy...with a bit of bananas. "The banana is the crazy part," Cochico says.

How it fares as a drink: On face value: a tall white drink. But essentially, an awesome mad experiment poured in a glass. Works for some ladies. Our lady tasters say:

Jessica: "It gives me that cozy, summer feeling because of the milk and the Irish cream."

HIT LIST

- 3 oz Baileys
- 3 oz Malibu
- 3 oz fresh milk
- 4 oz pineapple juice
- 1 pc fresh banana

Sugar lump

Serve: In a Poco Grande glass

- 1 Blend all ingredients until smooth.
- 2 Add ice.
- 3 Blend again.
- 4 Pour into a tall glass.

TIPSY METER



Apple of the eye

What it tastes like: Cochico says, "It has the sweetness of apple, bittersweetness of vodka, and sourness of cranberry juice."

How it fares as a drink: If you're looking for a fresh go-to party drink, we suggest whipping up this one.

Our lady tasters say:

Jean: "Not really a big fan of vodka, but together, this is like a good glass of stressreliever."

HIT LIST

- 1 oz vodka
- 1 oz Disaronno
- 2 oz cranberry juice
- Serve: In a rock glass

- 1 Pour ingredients into a rock
- 2 Stir until cranberry juice colors the entire glass.
- 3 Add ice and serve.

TIPSY METER



Candy cane

What it tastes like: Sweet, followed by...sweet. A bit like drinking melted candy—if she's into that sort of thing.

How it fares as a drink:

Perfect for women who don't like bitters. Her sugar levels though, is another story.

Our lady tasters say:

Aleen: "Too chic for me. But I won't say no to a good sip or two. It's a good starter drink siguro.'

HIT LIST

- 2 oz Midori
- 2 oz Disaronno
- 3 oz pineapple juice
- 3 drops grenadine
- 1 tsp. white sugar

Serve: In a martini glass

- 1 Combine all ingredients in a cocktail shaker.
- 2 Add ice and shake.
- 3 Dip the rim of a martini glass in grenadine and sprinkle it with a good layer of white sugar.
- 4 Strain into a clean martini glass.
- 5 Light up the grenadine and sugar mix on the rim to caramelize the sugar before serving.

TIPSY METER



Strawberry cheesecake

What it tastes like: "It's really a cheesecake turned into a cocktail. I blended Bailey's and strawberry puree, plus half ounce of fresh milk," Cochico says.

How it fares as a drink:

Depends on whether your girl likes her cocktails as food.

Our lady tasters say:

Jessica: "I think safe siya to drink on quick after-work gimik especially if you have an early meeting the next day. Dessert na, cocktail pa!"

HIT LIST

4 oz Baileys Irish Cream

5 oz strawberry puree

1 oz fresh milk

Serve: In a Poco Grande glass

- 1 Blend ingredients until smooth. 2 Add ice.
- 3 Blend again.
- 4 Pour into a tall glass.
- 5 Put strawberry slices on the glass's rim. (Optional)

TIPSY METER



KNOW YOUR LADIES' DRINK **GLASSWARE**



Collins Glass

Holds 10 to 14 ml of mixed drinks. Taller and narrower than a highball glass.



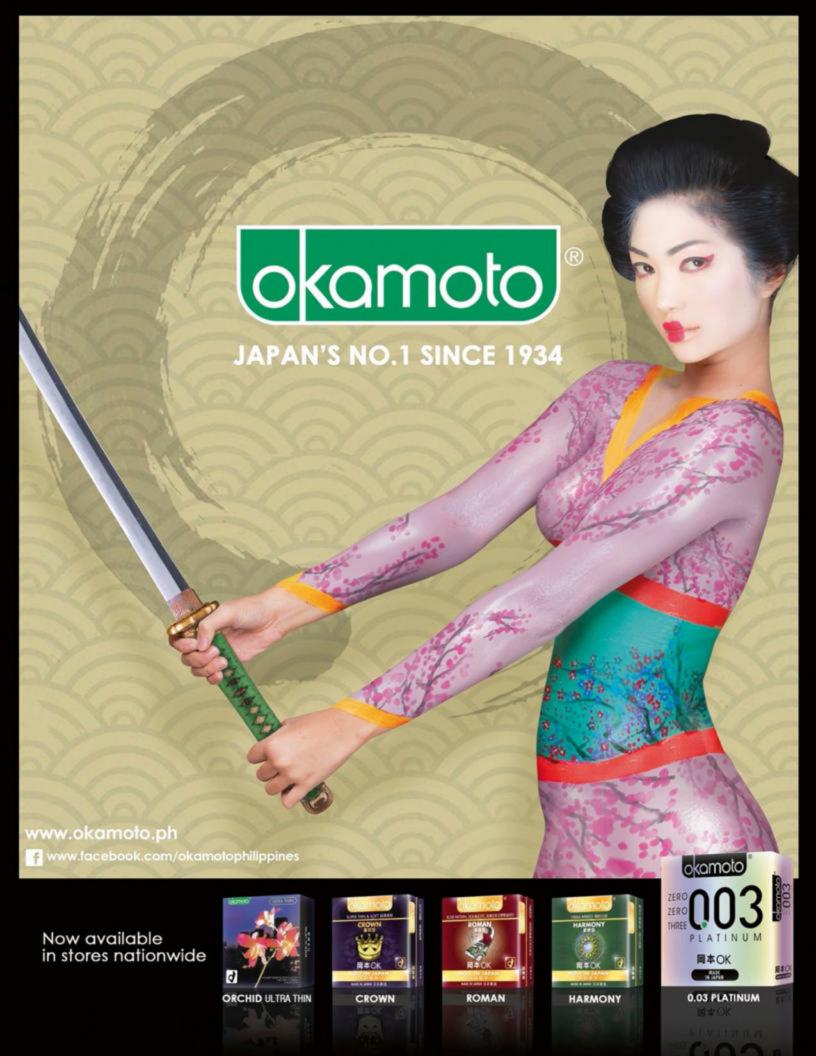
Martini Glass

Stemmed glass with an inverted cone to hold cocktails.

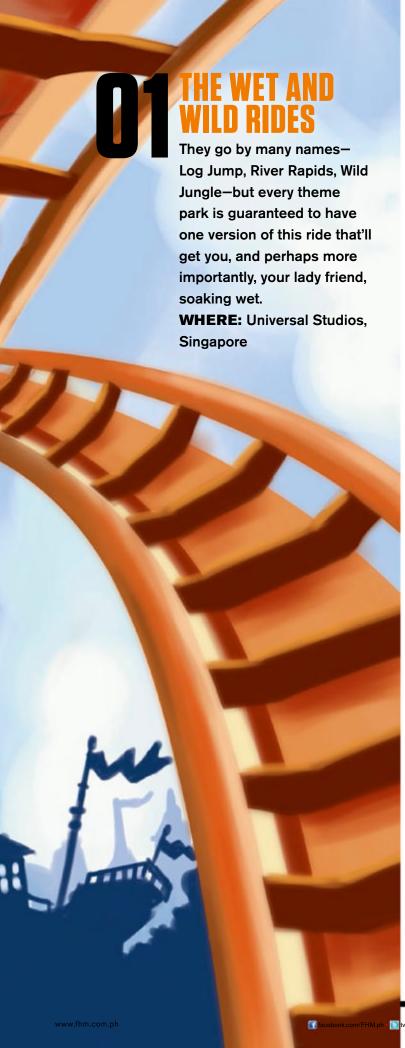


Poco Grande Glass

Stemmed glass with a fluted bowl shape. Holds more liquid than a martini, also known as a hurricane glass.







02 THE HAUNTED HOUSES

If you can ignore the ghoulish creatures that are paid to scare you within an inch of your life, you'll enjoy groping your date in the dark.

WHERE: Everland, South Korea

O3 THE CHEAP BAD-FOR-YOU JUNK FOOD

Cotton candy, popcorn, ice cream—really, there's nothing else to eat, so your fitness trainer can't blame you for indulging yourself. **WHERE:** Star City, Philippines



O4 THE ROMANTIC BOAT RIDES

If you're looking to create a moment with your date, paddle away from shore (and away from the prying eyes of children) in a lovely swan boat to a secluded spot in the water. As that Disney song goes: Now's your moment/ Floating in the blue lagoon/ Boy, you better do it soon/No time will be better

WHERE: Lotte World, South Korea

05 THE LOW RISK OF RUN-INS

Who goes to theme parks anymo—oh, that's right. The chances of running into people you know, say, your ex, are slim to none. So if you want to ensure total anonymity, for whatever reason, you know where to go. WHERE: Skyranch, Philippines

OG THE FACE CHARACTERS

It's the one time you can have your photo taken with a pretty girl on your arm without inciting your woman's wrath.

WHERE: Hong Kong Disneyland

07 THE VIEW

There's nothing more romantic than being up in the air with a breathtaking view of the city, so if you have something to say, you have to say it once you're right at the top. That, and wala siyang takas.

WHERE: SM MOA By the Bay Amusement Park, Philippines

08 THE ROLLER-COASTERS

Every twist, drop, and loop promises an adrenaline rush so heady, it's enough to put you in an orgasmic, or, you know, catatonic state. Either works.

WHERE: Discovery World, Taiwan

09 THE SOUVENIR SHOP

Sure, many of the items are probably overpriced, but then again, you're not really paying for the souvenir itself as much as you're paying for a remembrance of a fun date. Besides, a cute plushie is decidedly less creepy than, uh, a lock of her hair.

WHERE: Manila Ocean Park, Philippines

10 THE FIREWORKS

It's the fitting culmination of a fun-filled day, and the perfect backdrop for a good night kiss. If that goes well, continue the festivities at a motel near you.

WHERE: Enchanted Kingdom, Philippines





DAY-LONG HORN MARATHON

This one happened only last Saturday. My boyfriend and I started our day as early as 6 a.m. to attend a book signing event. After we got lunch, we felt like watching a movie. Halfway through the movie, I leaned closer to him because it was starting to get cold. He gently pinched me while stroking my arm. I knew he was starting to get horny so I got horny as well. I drew circles on his palm while he started flicking the side of my breast through the loose sleeve of my blouse. He started to lift my blouse but I stopped him because I was afraid of getting caught. But he couldn't resist taking off my bra and cupping my breast. We managed to finish the movie without finishing each other off. He was supposed to take me home but I

'I drew circles on his palm while he started flicking the side of my breast through the loose sleeve of my blouse'

felt like we had some unfinished business to do.

I told him I didn't want to go home, but was exhausted from waking up early so I asked him if we could do a quickie at his house instead. Luckily, his siblings weren't there so we were free to do whatever we wanted. He got really aggressive and opened up my legs. I didn't want him to stop but he had to close the lights and the door so that we could be sure that no one could interrupt us. He went back on top of me and started massaging my breasts all the way down. I couldn't stop moaning as he finger-fucked me. He took off my panties so that I could spread my legs even further as

I held his dick and begged him to fuck me right there. He asked me, "Do you want it?" Of course I fucking wanted it! He started licking my boobs

and hard nipples. I heard him say, "Ang laki, shit..." so I got even hornier. He took off his underwear and I saw his hard dick so I sucked on it. He really enjoyed my sucking so he said, "I'm gonna fuck you so hard for that." Then he turned me around, and fucked me doggystyle. He dug deep into my pussy as he said dirty things to me like how I'm such a good girl but I become so naughty when I'm with him. He started thrusting into my pussy harder and harder until we heard someone knock on the door. We immediately stopped and pretended to be asleep. After we felt like the coast was clear, he told me that he was really close to coming so I told him that we should get on with it. He started thrusting even rougher. We slept for about half an hour after and then he took me home.

GoodGirl, via FHM Bullboard





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BAD TITO

I invited my best friend/FUBU one afternoon to have lunch at my house. My husband was working somewhere in Manila and two of my kids were at school. It was just me, my best friend, and my three-year-old son at home. While my friend and I were talking on the sofa, my little one got sleepy so I carried him off to his room. When I sat back down on the sofa, my best friend started kissing me out of nowhere. I tried to stand up but his hands ran under my dress exposing my panties. He kissed my thighs, up to my pussy. I started moaning as his tongue searched between my legs. I tried not to moan too loudly as to not wake up my son who was in the other room, but I wanted him inside me so bad. I begged him to do me from behind, and



he did. I felt the tip of his dick enter me and it made my eyes water. I didn't want to moan so loudly but as he caressed my pussy I couldn't control myself anymore. So I told him to come inside of me. With a loud grunt, he shot his warm load. I told him to quickly get dressed before anyone saw us.

Seiglein, via FHM Bullboard

HUBBY'S FANTASY

Over a year ago, my husband had this fantasy of seeing me get fucked by another man. The guy was a former co-trainee of mine. I flirted with him through text, during training, I noticed he had a thing for me. We met at a hotel. He sat next to me, I felt the tension between us. He was also married. He didn't know about my husband's fantasy and that I was only

using him to fulfill it. We just stared at each other for a while then he started kissing me. I gave in. His kisses were gentle at first then he began inserting his tongue in my mouth. He pulled me closer and started caressing my breast. He fiddled with my nipples and unhooked my bra without me even noticing. My back arched when he suddenly sucked my nipples. A moan escaped from my mouth. I grabbed his head and pressed his face against my breasts. He put one hand inside my pants while the other kept pinching my nipples. He started to remove my clothes, and then he clutched onto his penis and started rubbing his hard cock on my pussy. Once he put on a condom, he slowly inserted his cock into my hole. Once he started pumping and grinding on top of me, I followed his lead and rocked with every thrust he made. I was really starting to get in the groove when he suddenly tensed and came. I was like, "Yun na yun?" He apologized and said he'd make it up on our second go. CelinaMaree, via FHM

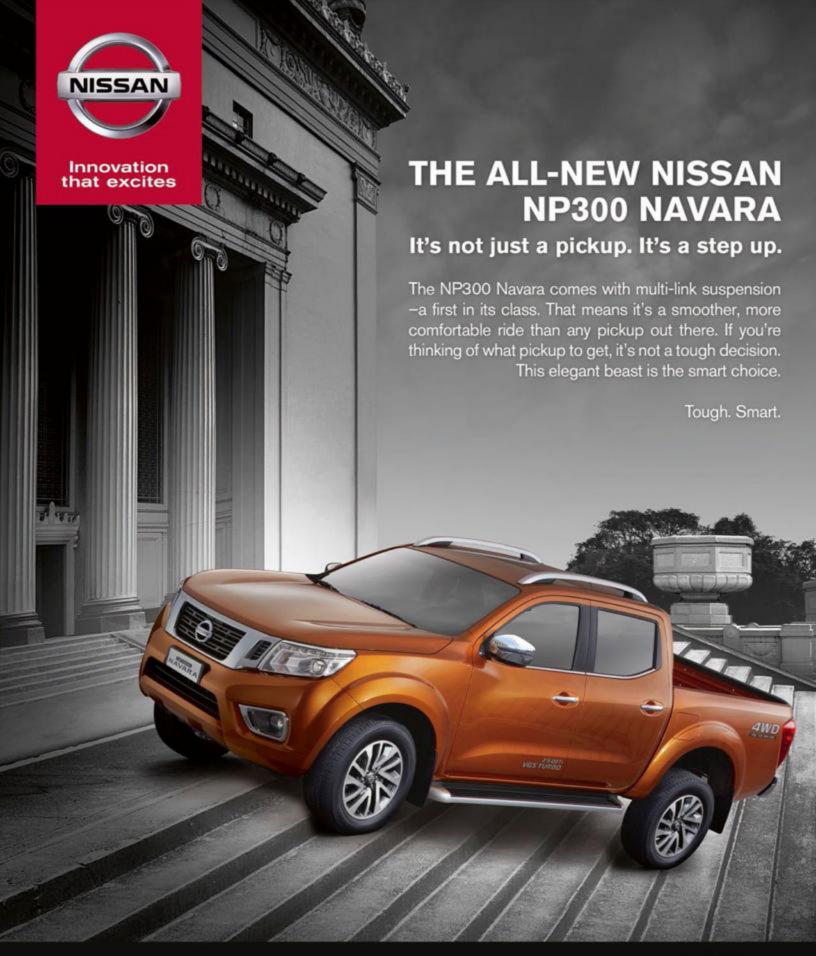
CelinaMaree, via FHM Bullboard

HEATED TRANSIT

My officemate and I were having coffee one afternoon when he accidentally hit my boob with his arm. At first I didn't pay attention to it but when we were about to head home, he asked me if I wanted to have dinner with him. I said, "Sure." He waited for me at the parking lot. When we got inside his car, we started kissing and fondling one another. I told him to remove my blouse first. He nodded. He fondled my breast while I was still wearing a bra. My nipples got so hard so I removed my bra myself so he could get to my nipples. He breathed in my scent as he kissed me. He sucked my nipples hard, like a hungry baby would. He reached into my skirt and felt my dripping wet pussy. He penetrated my hole with his two fingers while rubbing my clit with his thumb. He was getting really aggressive but I told him that maybe we should finish at the house. He was disappointed at first but he would find ways to keep us horny. At every stoplight, he would rub my thighs and caress my nipples. I'll post what happens after next time..

Kiki, via FHM Bullboard







J.D. Power Asia Pacific 2014 Philippines Customer Service Index (CSI) Study" Highest in Customer Satisfaction with After-sales Service among Mass-Market Brands

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APRIL 2015 YOUR MONTHLY VIP PASS

TELEVISION

MAD MEN IS COMING TO AN END

FIVE QUOTES FROM THE HIT SERIES THAT WILL MAKE YOU WANT TO KILL YOUR JOB IN ADVERTISING

WORDS: CHIARA CUI

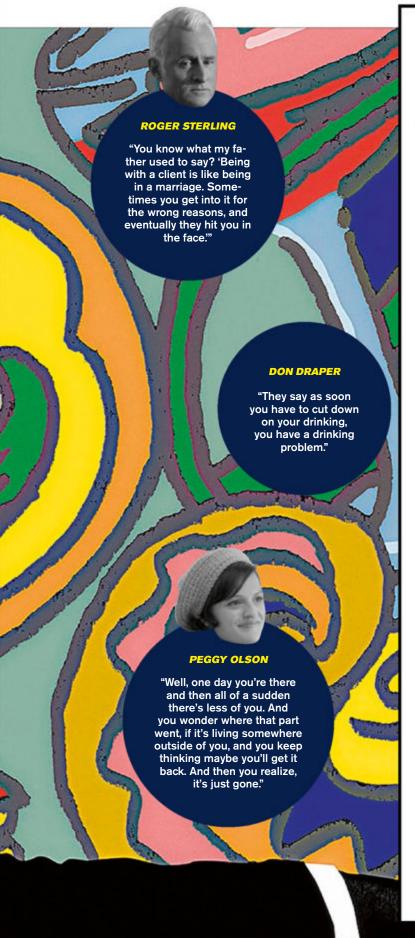
The Ad-men of **Madison Avenue** will start folding their coats on April 5 on AMC

DON DRAPER

"Advertising is based on one thing: happiness. And do you know what happiness is? Happiness is the smell of a new car. It's freedom from fear. It's a billboard on the side of a road that screams with reassurance that whatever you're doing is okay. You are okay."

DON DRAPER

"The reason you haven't felt it is because it doesn't exist. What you call love was invented by guys like me to sell nylons."



THE FHM x MTV MOVIE AWARDS 2015

WE PREDICT OUR OWN WINNERS FOR THE AMY SCHUMER-HOSTED PROCEEDINGS

WORDS: CHIARA CUI

The notso-credible award show airs on April 12

Movie of the Year - Whiplash or Guardians of the Galaxy

Best Male Performance - Miles Teller in Whiplash

Best Female Performance - Reese Witherspoon in Wild

Best On-Screen Duo - Eddie Redmayne and Felicity
Jones in The Theory of Everything

Best Villain - It's a tie between J.K. Simmons in Whiplash or Rosamund Pike in Gone Girl

Best Kiss - Starlord (Chris Pratt) and Gamora (Zoe Saldana) in Guardians of the Galaxy

Best Fight - Karen Gillan and Zoe Saldana in Guardians of the Galaxy

WTF Moment - Neil Patrick Harris's orgasmic throat slash in Gone Girl

NO ONE IS SAFE IN WESTEROS

 GAME OF THRONES PROMISES MORE BLOOD (AND HOPEFULLY MEDIEVAL SKIN) IN ITS MUCH-AWAITED FIFTH SEASON

WORDS: CHIARA CUI

The long wait for season five has been brutal, but not as brutal as George RR Martin promises this new season to be. In an interview earlier this year, Martin told reporters, "People are going to die who don't die in the books. so even the book readers will be unhappy." Martin also said that some episodes will be even more terrible than the scene that's been burned into every Thrones fan's brain. Worse than the Red Wedding? Sign us up! And sign us up for therapy while you're at it. We're going to need it.



TELEVISION

DEVIL IS IN THE DETAILS

THE TRAILER FOR MARVEL'S DAREDEVIL HAS BEEN CREATING BUZZ ONLINE, SO WE PIT BEN AFFLECK'S ADAPTATION FLOP AGAINST NETFLIX'S EXCITING RETELLING

WORDS: CHIARA CUI

New this year on Netflix (and local cable) is Marvel's *Daredevil*, which follows the eponymous comic book character Matt Murdock (played by Charlie Cox), lawyer by day and masked crime-fighter by night. Murdock uses his heightened senses from being blind to fight crime in New York's Hell's Kitchen. The series is being backed by creator Drew Goddard, who directed the 2012 cult hit *Cabin in the Woods. True Blood* alum Deborah Ann Woll, Rosario Dawson, and Vincent D'Onofrio (as Kingpin)



Ben Affleck's Daredevil

Charlie Cox's Daredevil

THE COSTUME

Classic red costume

Black, ninja-like origins costume

As much as the red suit is classic, it's also a bit too campy for 2015: Cox, 1, Affleck 0.

THE GIRL



Jennifer Garner

Deborah Ann Woll

Sorry, Woll. Sidney Bristow forever





Michael Clarke Duncan Vincent D'Onofrio

All
episodes
of everyone's
favorite blind
baddie-beater will
be available on
Netflix this

April 10

TOTAL

Hands down, D'Onofrio.

2-1 for Cox

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a copy of
Ang mga Kwento
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05

BOOKS

UNCIRCUMCISED ROMANCE

7 #TRUEGOT LINES MULA SA MGA SUPOT

Here's a piece of local lit that features profanity-laced musings on love and longing for state university residents. If you've ever raised a fist against the *burgis* with one hand (all while jacking off at night and going to class drunk in the morning), then these seven lines from the book— 100% true, 100% hugot, 100% truegot—will definitely hit home.

TRUEGOT #1: The Wistfully Literary Hugot

"Ito na ba ang prosa ng aking pag-ibig? / Ikaw ang dagat / Ako naman ang lawa / Bagamat magkalayo / Andiyan naman ang ilog para / Pagdugtungin tayo"

From the story "Nang Lumapat sa Aking Labi ang Basong Iniinuman Niva"

Why it hits home:

Because which feelingero writer hasn't composed an instapoem for an old high school love after they got drunk together at college?

TRUEGOT #2: The It's-All-Happened-to-Us Hugot

.....

"Ang problema'y hindi siya makakambyo. Tumigas ng payuko ang kanyang hotdog. Mali ang pormahan."

From the story "Si

Why it hits home:

Because, yeah, stick shifting is hard when you've got an in-jeep stiffie.

TRUEGOT #3: The We-Wish-We-Were-This-Badass Hugot

.....

"Walang ano-ano'y lumabas siya at nilapitan ang payat na lalaki sa harap ng gate at pinagwawasiwas ang tangang karit ng pagkatay. Lumuwa ang bituka ng payat na lalaki, nagsabuyan ang dugo't laman-loob."

From the story "Regalo"

for copies

Why it hits home:

Because sometimes the anti-imperialist, anti-capitalist, antipayat na lalaki sa harap ng gate armed struggle gets real, yo.

TRUEGOT #4: The Class Struggle Hugot

"Mula ako sa uring magsasaka, samantalang petiburgesya ang uring pinagmulan niya. Sa class analysis pa lang, iiral na ang tunggalian namin sa maraming bagav."

From the story "Para Kay Z at M (Ang Dalawang Babae sa Buhay ni E)"

Why it hits home:

Because awwww. That's probably how Romeo and Juliet would start if it were set in Soviet Russia.

TRUEGOT #5: The Marxist Guilt Trip Hugot

"Nagpatimpla ako ng kape para kami magising-gising. Syempre, hindi Nescafe kasi binoboycott namin yun. Kontra manggagawa daw yun. Pinatay nun si ka Fort at marami pang ibang manggagawa!" From the story "Ang Paglobo ng Sipon (Sa Katatawa Mo, Lumobo ang Sipon Mo!)

Why it hits home:

Because critical analysis of the products of our capitalist society really has a way of making you lose your appetite.

TRUEGOT #6: The Biglang Napa-English Hugot

.....

"It's as if I had a sudden change in perception. Hell! You are beautiful!"

From the story "Dear Ms FR"

Why it hits home:

Because who suddenly hasn't started talking in straight English when, a.) you realize you're in love, or b.) you've had too much to drink?

TRUEGOT #7: The Damn-My-Classmate's-Hot Hugot

"Noong nakaraan, katabi niya yung isang maganda sa amin, nung sumunod naman, katabi niya yung malaki ang suso, ngayon naman katabi niya ang hipon. Ang dami siguro nitong pinagjajakulan nitong babae gabi-gabi".

From the story "Isang Tsimis sa Klasrum"

Why it hits home:

Because, because... syet, ambastos pala natin nun, noh?

WORDS: LIO MANGUBAT; PHOTOGRAPHY: MARK JESALVA





THE AVENGERS, RANKED BY AWESOMENESS:





The Cap is old school. Old school = OG.



THOR



He's a freaking Norse god. Even without Mjolnir he can still hand you your ass.





Capable of moving and thinking at superhuman speeds, he gains the ability to jump into the future when his sister alters reality. Badass.





The coolest with a big, fat asterisk. The dude's only as cool as his gadgets. Without them, he's just a really smart asshole.

SCARLET WITCH



She's got the ability to alter reality through magic, though not always in predictable ways. Still...





You don't f*ck with Russian spies.

HULK



He vacillates between friend and foe too often. Not exactly the most reliable ally.





Take away his bow and arrow and, well, all you've got is Jeremy Renner.



The Avengers: Age of Ultron **Directed by: Joss** Whedon

The team must reassemble to defeat Ultron, a dormant peacekeeping program which Tony Stark unwittingly jumpstarts, except with one glitch: Ultron decides that humans are the enemy and sets out to eradicate the entire race.

Ultron ravages the planet on April 29!



07 **DOM KNOWS BEST**

TO PREP YOURSELVES FOR THE HIGH-OCTANE **AWESOMENESS OF FAST** AND FURIOUS 7, HERE ARE SOME WISE WORDS FROM DOMINIC TORETTO TO REV UP YOUR LIFE

On living fast:

"I live my life a quarter mile at a time. Nothing else matters: not the mortgage, not the store, not my team and all their bullshit. For those ten seconds or less, I'm free."

On not losing:

.....

"It don't matter if you win by an inch or a mile. Winning's winning."

On the perfect honey to ride shotgun:

"It starts with the eyes. She's gotta have those kind of eyes that can look right through the bullshit, to the good in someone. Twenty-percent angel eightypercent devil. Down to earth. Ain't afraid to get a little engine grease under her fingernails."

On cars and gals:

"I'm a boy who appreciates a good body, regardless of the make."

On being legit:

"A real driver knows exactly what's in his car."

WORDS: CHIARA CUI; ILLUSTRATIONS: JAMES ANDRES



MERRELL getaway to adventure







08

MUSIC

FUNK MASTER

WHETHER HE'S INVADING YA MOVIE ADAPTATIONS OR BUSTING OUT A NEW ALBUM. IT'S CLEAR THAT LENNY KRAVITZ IS STILL IN **FASHION**

INTERVIEW: ANTON D. UMALI

The naked truth: only Lenny Kravitz can wear blazers like this

What was the inspiration behind this album?

I'm not sure there really was any inspiration. This particular album just came to me. I usually draw upon the things that just hit me, and when it flows I go with it.

The album is called Strut. What do you personally look for in a dance song?

I'm very much into soul. That's the kind of music that turns me on and makes me want to dance.

What tips can you give us when it comes to getting the ladies to strut their stuff on the dance

Well you've got to have a funky song first of all. Dance music is all

about the groove, the beat. If you've got that then you're sure to get the ladies on their feet.

Were there any hurdles or difficulties that you encountered while recording Strut?

No, not really. This one came easy. If there was an element to it that I would say became an obstacle, it was shooting a movie at the same time as I was recording. It's hard when you have to jump from one thing to another, especially with the long hours a movie demands.

How do you maintain balance while bouncing from one thing to the next?

There's really no secret to it. You

'I THINK IT'S STAYING TRUE TO MYSELF. IT MIGHT SOUND CORNY, BUT THAT'S WHAT I THINK HAS KEPT ME HERE. I'VE NEVER REALLY SOLD OUT AND I ALWAYS MAKE SURE TO MAKE MY REAL SELF SHINE THROUGH IN EVERYTHING THAT I DO'

just have to give a hundred percent in anything you do, whether it's a movie or your music.

What's your secret to longevity in this industry?

I think it's staying true to myself. It might sound corny, but that's what I think has kept me here. I've never really sold out and I always make sure to make my real self shine through in everything that I do.

You've got a killer sense of style. How much of your music influences your fashion?

Music and fashion have always had a longstanding relationship. When I look at my heroes from the '60s and the '70s, like Jimi Hendrix, Robert Plant, or even Al Green, they've always looked good and sounded good as well. Fashion and music, they're complementary. They work

Lastly, what's the experience of a Lenny Kravitz concert like?

We jam. We improvise. There are usually 11 of us performing onstage. I have a killer horn section and amazing background vocalists. It's always different.



5 WAYS TO AVOID BEING JANINE TUGONON-IZED AT THE SCRIPT LIVE IN MANILA

YOUR BAE IS GOING TO WANT TO SEE THE SAPPY IRISH POP-ROCK BAND. HERE'S HOW TO **GET OUT OF IT**

SUBTI F

Introduce her to other emerging Irish indie bands that don't suck, like And So I Watch You From Afar, Sister, and Dublin rapper Lecs Luther.

Tell her you're going to re-watch Breaking Bad that weekend and you couldn't possibly do it without her.

Surprise her with an impromptu trip to the beach. Romantic and you've avoided three hours of hell on earth.

Break up with her. Who wants to date someone who likes The Script anyway?

If all else fails, fake your death.

DESPERATE

GAMES

PORTABLE OPS

PLAY THESE TO PASS THE TIME IF IT'S CLOUDY AT THE BEACH

WORDS: ASH MAHINAY



3DS

Etrian Mystery Dungeon

The hardcore Etrian Odyssey is the Mystery Dungeon series' latest mashup after others like Pokemon and Final Fantasy. This top-down RPG has randomly generated dungeons that will last you all summer!



Final Fantasy X / X-2 HD Remaster

The Vita is the throwback system and this doublerelease keeps the nostalgia coming. In case you've been living under a rock since 2001, FFX was the first FF on the PS2 and FFX-2 its super sassy sequel.



WORDS: CHIARA CUI

for 3DS

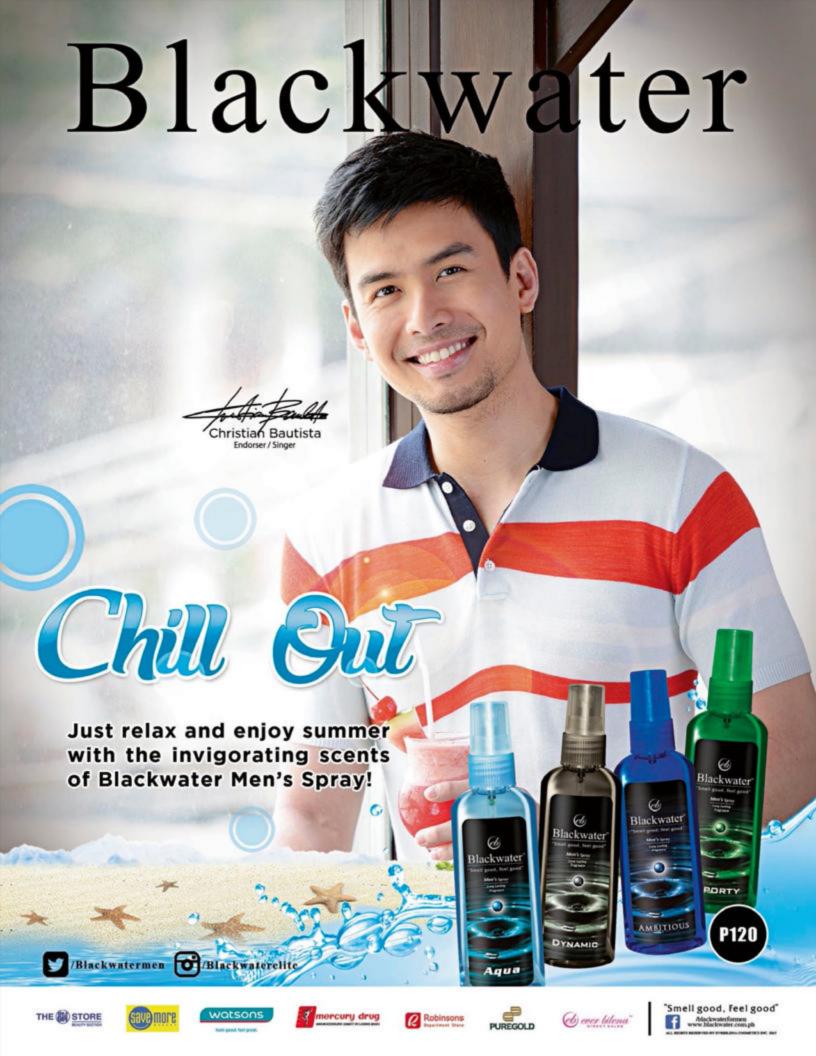
Xenoblade **Chronicles 3D**

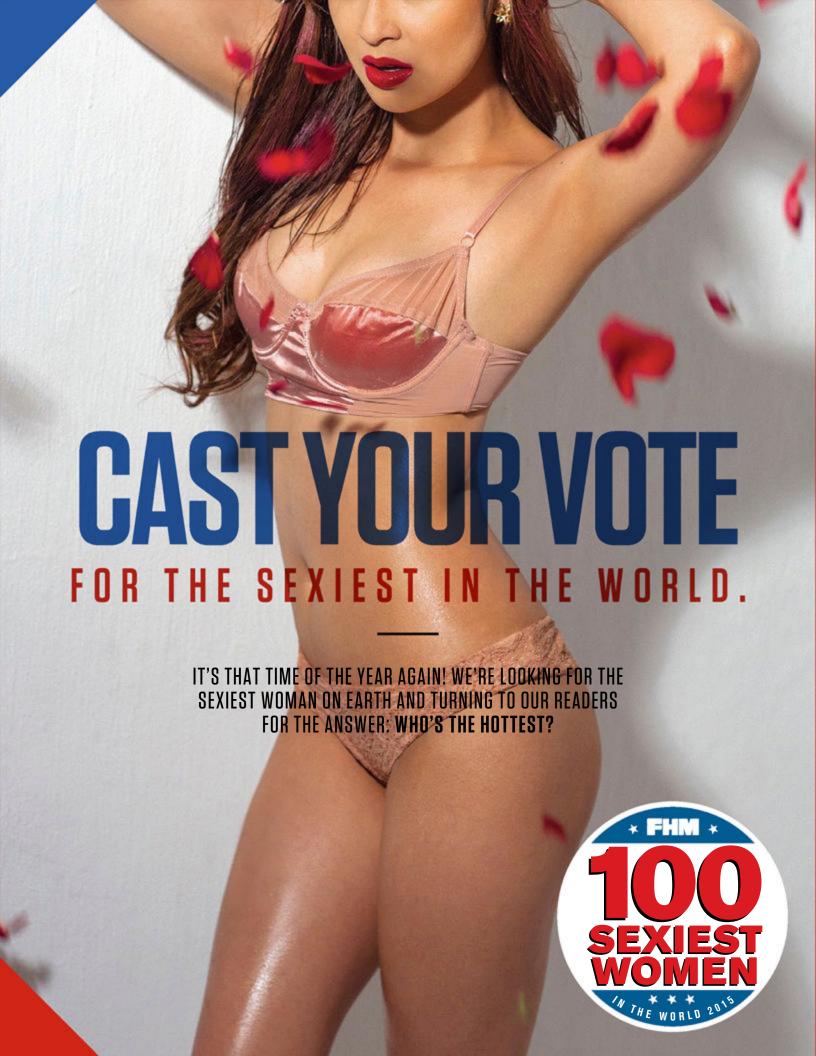
The series is exclusive to Nintendo's console. You may not want to buy a Wii U just for it, but this port's action packed fighting and open-world exploring is just as good as its big brother-a 3DS isn't a bad compromise.

40 FHM APRIL 2015

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IT'S EASY TO VOTE!

OR



Register and log on to www.fhm.com.ph/100sexiestwomen2015 where you can vote for ten (10) women per day

The FHM Philippines' Sexiest winner is the woman who garners the most votes in the nationwide poll. Voting period is from April 1 to June 5, 2015.

Votes will be tallied by FHM and results will be announced in a special 100 Sexiest Women in the World 2015 supplement bundled together with FHM's July 2015 issue.

FHM Philippines reserves the right to block/ prohibit/exclude votes entered through unscrupulous means such as electronic manipulation. Votes cast through these means will not be honored in the official tally.

CO-PRESENTED BY:







Fill out ballots AND mail them to FHM 100 Sexiest Women 2015 Poll. Summit Media Office, 7/F Robinsons Cybergate Tower 3, Robinsons Pioneer Complex, Pioneer St., Mandaluyong City 1550. Only original ballots will be accepted.



OFFICIAL BALLOT

YOUR DETAILS

WE WORLD L	Name:	
01		
02	Birthday:	
03	Gender:	
04	Address:	
05		
06		
07	Contact No.:	
08	Email:	
09		
10	Signature:	

IN COOPERATION WITH:



FOR THE MAN ON TOP

OFFICIAL APPAREL SPONSOR

OFFICIAL DRINK SPONSOR



DOYOU REMEMBER THE THE TRST

It wasn't long ago when Patricia Javier came out and proved to be the embodiment of every young man's fantasy. Now she's about to remind us why...

> PHOTOGRAPHY DOC MARLON PECJO INTERVIEW ALEX C. PAITA

MAKEUP AMANDA PADILLA OF AT EAST | JED ROOT ASSISTED BY IYA YUJUICO
HAIR RHOY CERVANTES FOR L'OREAL PROFESSIONNEL STYLING JANNO NOVENARIO
SPECIAL THANKS TO VIVA ARTIST AGENCY, MHIT PIMENTEL

PATRICIA JAVIER



Here's a little quiz for all you young ones who think you know Patricia Javier all too well. Part one: Which of the following statements did she not say in her FHM debut in the year 2000?

1 "I'd like to do it on a jet ski. My man would be facing front, I'd be on top of him facing the rudder. It would feel really good if the sea was choppy."

2 "I'm a very physical person. I like holding hands and hugging a lot. For me, if a guy smells good, it's easier for me to like him. Of course, if you

for me to like him. Of course, if you look good without smelling good, it's fine. But it's an added advantage if you smell good. It draws me closer, it makes me want to be more intimate with you."

3 "When it comes to sex, I'm still passionate about that, to make my partner happy. Yun pa yung isang secret ko why I look young. Very important yun for the relationship to have a connection, and for your health."

If you answered No. 3, congratulations! You, sir, are either a bona fide Patricia Javier/showbiz gossip sites fan, or just have an excellent eye for not-sosubtle clues. It's likely you know that Miss Patricia had appeared thrice on the cover of this super high-quality magazine (December 2000, June 2002, and Girls of FHM 2003) before bidding the country adieu. You're well aware of the fact that she switched back to her non-screen name Genesis Canlapan as she dropped her sexy image to resurrect as a soul-searching chanteuse. Plus points if you cried a tear or two when you found out she was leaving Sexylandia for good. Plus plus points if you suffered from depression and couldn't eat for days

KingCom

be kool



- Android KitKat 4.4
- 7.6 mm Thickness
- Dual SIM



PATRICIA JAVIER





PATRICIA JAVIER





Every man has a dark side.

Every man wants to satisfy his naughty side. To help you be Ze Man you want to be, there's **ZEMAN SX**.

ZEMAN SX contains the proprietary
MBP (Male Body Performance) Complex,
a powerhouse formulation that contains ZMA,
L-Carnitine, Selenium and various vitamins.
ZMA uses L-Optizinc, a unique form of Zinc
that enhances absorption of nutrients into the
body for improved muscle strength and
endurance. So you can perform and satisfy
your naughty side.





ASC Ref. No. M026N020614Z



upon hearing news that she, your imaginary girlfriend, got hitched.

So, yeah, congratulations, somehow you made it out alive. That entitles you to receive some bit of good news: That our lady Patricia is back in the country, this time taking a stab at (just slightly) less raunchy acting and a potentially explosive singing slash DJ-ing career, and shows no signs of taking the next flight out anytime soon. She's back to regain her massive following and hopefully build more. She's back to pick up the pieces of your broken heart and patch things up with you. Did you read that?

Here's a noble one, too: She's back to inspire all moms to stay fit and hot and strong and positive—which sounds like the best thing ever if you ask us.

And which leads us to part two of this quiz. It involves staring carefully at the photos on these pages and comparing them with her early-2000 outings. Spot the difference?

Good luck!

First, a little recap of the things that happened around December 2000. Were you aware that you were the first woman to appear topless on the FHM cover?

Was I? Ha ha! Ngayon ko lang

Do you still remember how it felt like doing your first shoot?

I was nervous but at the same time very excited. It was my first time to do a pictorial with my top off—even without knowing na ako pala yung una!

And you were 22 then...
I was old enough! Ha ha!

nalaman yan.

That easily made you one of our most unforgettable cover girls. It's good you didn't forget about us too. Siyempre after that shoot, maraming opportunities ang

maraming opportunities ang dumating sa akin. Talagang nakilala ako ng mga tao lalo, even outside of the country. Tumatak na sa mga tao na Patricia Javier, sexy star, although people didn't easily see na marunong din akong kumanta at umarte. Ha ha!

Looking at you now, it's hard to tell what changed. You make us feel like it's the year 2000 all over again.

Wow, thank you. Ha ha! I'm really flattered. Parang ngayon, iba na yung era ng FHM. Pabataan na yung nag-po-pose. And at the same time, mas classy na siya than before. As for me, I have kids now. So when you invited me to pose, I was really hesitant. But then I was told you also have a lot of female readers—that Filipinas are smarter and more openminded now when it comes to this. So I thought, maybe I could influence other women. So I'm doing this to influence moms like me, na hindi porke't mommy eh losyang na. Let's take care of our bodies. The more na tumatanda, the more dapat na gumaganda!

Amen to that! Why did you have to leave us in the first place?

Because of love, ha ha! When I left for San Diego, I met my husband. He's a very good chiropractor and at the time I had a problem with my neck. We had common friends, pinakilala lang kami. We dated, and after that he straightened my whole life. Ha ha!

And what made you decide to go back?

Because of love, too. I missed my family. Plus I felt na mas marami kaming pwedeng magawa sa Philippines. We had a comfortable life in America, but habang bata pa yung mga anak ko, gusto kong matutunan nila ang Filipino culture and tradition. Kasi pag lumaki na sila, mas mahirap na silang dalhin dito. What do you do to stay fit?

First, positive thinking—whatever happens, always think it happened for a good reason. Ako, paggising ko sa umaga tumitingin ako agad sa mirror—"Wow, Patricia, maganda ka pala eh." Just to boost my confidence, ha ha! At sa food—hindi naman kailangang mag-diet. Kailangan moderate lang talaga yung pagkain mo, hindi yung pag gutom ka saka ka kakain nang marami. Kailangan pakonti-konti pero maya't maya. And

siyempre, exercise. Most Filipinas don't like going to the gym—but you don't really have to go to the gym.

Our girlfriends' moms would love to hear what you're going to say next.

Basta maglakad ka lang, go swimming, just stay active. And if you have kids, you can include them in your "workouts." Yung pakikipaglaro mo sa kanila, exercise na yun. Yung pagbubuhat mo nga lang sa kanila para ka nang nag-ko-Crossfit, di ba? Ha ha! And of course, stay away from vices. Don't smoke, and avoid hard liquor. Kasi nakakapangit ng skin yun. Things like that. Simple things like that na nakakalimutan ng lahat to look good.

Put a MILF on the FHM cover and expect pandemonium to follow. Why do you think this is so?

Maybe out of curiosity. And also, when you're young, you tend to look up to women who are older than you. Like

me, I have more experiences to share as a wife that they can get tips from. And that officially marks the start of this interview...

Ha ha! Siyempre, for men. If you're in a relationship. If you want to have a happy life, you need to have a happy wife. Girls love compliments. If you say good things about us, kahit pagod na kami, ipagluluto ka namin. Pagsisilbihan ka namin. Lalo na pag matagal na kayo, sometimes you forget to do simple romantic gestures like touching her hair. Always give attention to your partner. At the same time, girls should also always compliment their partner. Kasi pag may ibang nag-compliment sa kanila dun na nagkakaron ng problema.

Very well said. Do you even realize that most of our readers now were adolescents when you first came out?

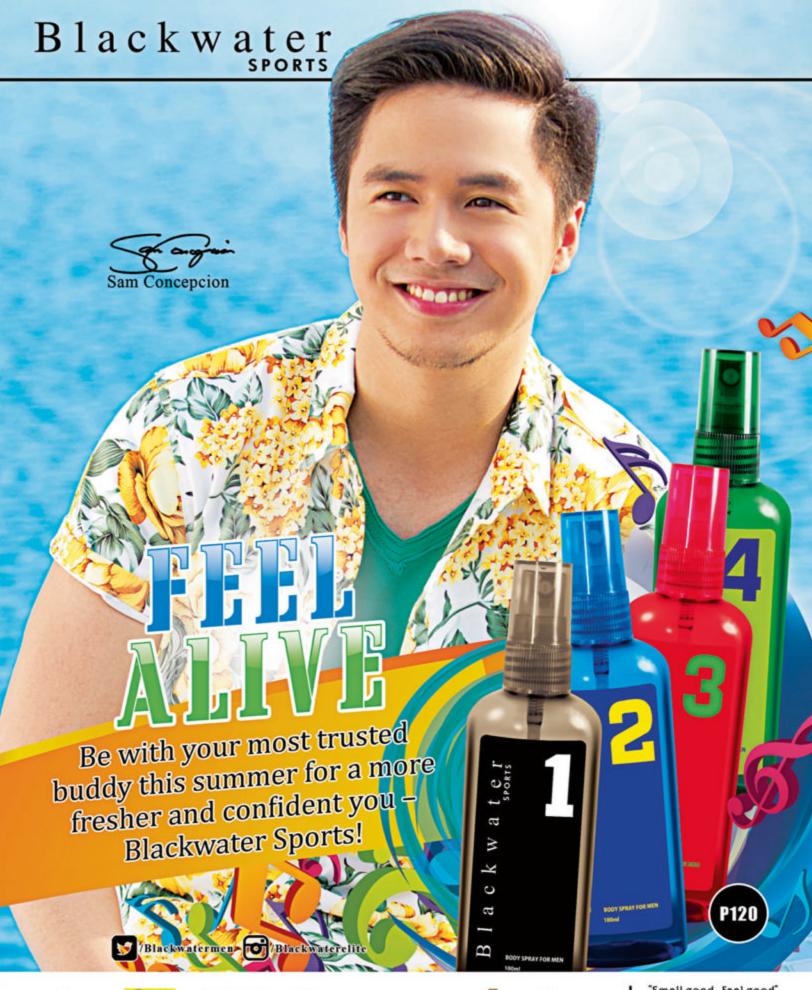
Ganun ba? Ha ha!



























And they might be a little scared to approach you. What should they do?

Well, for me, I'm still the same. Wala namang nagbago sa akin in a way na ayaw kong makipag-friends sa mga bata. Ako, basta mabait at approachable. Pag nakita nila ako sa mall or kahit saan, sa Facebook or Instagram, all they need to do is say hi and I'll give attention to them. I'm still the same Patricia.

What do you think people missed most about you?

People say I was the trendsetter. Like when it came to outfits, dati nung mag-so-show ako lagi akong naka-T-back habang nag-pe-perform, ha ha! Tapos most of the women would say, "Uy, okay lang palang naka-T-back pag nag-pe-perform!" Ha ha! That's why when I was in the States, I somehow got bored of being a housewife. So my husband said I should do things that I really like doing. Eh people person ako, mahilig

akong makihalubilo. He said I should give DJ-ing a try, kasi yung mga female DJ hot right now.

And you don't just man the decks, you sing too!

Yes, yun ang iba sa akin. I'm more of a singer-DJ. It's good because I party and at the same time I get paid. I feel young when I'm doing it. I don't feel na tumatanda na ako. Feeling mo pag ginagawa mo yun tapos kasama mo yung mga kabataan, nahahawa ka sa energy nila.

What's your official handle by the way? In the States, I used DJ G-Love. *Pero dito sa* Philippines, I still use Patricia Javier.

They say pretty women can't DJ. Can you tell them how hard it is, really?

We're so used to male DJs, but today's generation is different. Girls are getting better at doing guy stuff. DJ-ing is hard pag hindi mo siya gusto, but if you love music, and you

come prepared, it should be fun! Ako, nag-aral talaga akong mag-DJ kasi you need to learn how to do mixing, looping, beat matching. And I always check the surroundings first and survey the crowd, para alam ko kung ano yung gusto nilang marinig. I'm a people pleaser.

What's in your repertoire?

It's a mixture of everything. Pag nakita ko na young yung crowd, I play EDM and hip-hop. If I see forty-somethings, mas gusto naman nilang marinig yung mga '80s so I play that. In San Diego, I'd always do corporate events. I even DJ'd for a wedding. I like doing that kasi romantic yung environment. Here, I think I'll have a twice-a-month gig at a casino. But I'm not limiting myself to clubs and parties. Whoever invites me to play, I'm there!

How do you deal with a tough crowd?

Ay naku, maraming ganyan!



Ha ha! In San Diego, there was a time I played for 1,500 people. So siyempre mixed audience—may bata, may matanda, may middle-aged. When I played EDM, may lumapit sa aking matanda saying, "What kind of music is that? We can't dance to that!" So I just asked him what he wanted me to play. "I want Elvis Presley!" he said. I answered, "Okay sir, let me check if I have that." Eh wala naman talaga ako nun. Ha ha! I think kung DJ ka, you should know how to deal with people. Be diplomatic. Kasi if not, marami kang makakaaway.

You think you'd be a hit here, in the same way Sasha Grey caused an uproar when she, well, shifted careers?

Honestly, wala akong expectations. I just hope people will continue supporting me in the things I do. And at the same time, aside from music, I hope to do movies na talagang tatatak sa mga isip ng mga tao.

Can we expect you to be doing sexy scenes like the good old days?

I think this time is going to be different in a way na kung may sexy, hindi na yung katulad noon. Siyempre, kasi I was single, I could do whatever I wanted. But right now I have a family and I have to think of what's good for everyone. Right now, I need to think first before I do something. Dati kasi no boundaries. Tira lang nang tira. ha ha!

You should do more *FHM*, that's never a bad idea.

Ha ha! Malaking bagay na pumayag yung asawa ko, na siya pa mismo yung nag-push sa akin to do this so that I could show my supporters that I'm back. And like I said, to influence women. Timeless beauty dapat! But this is my last FHM shoot, kaya they better get copies kasi wala nang susunod! Ha ha! And also, great choice of concept. This

And also, great choice of concept. Thi black against white theme really worked for you, do you agree?

It matches my personality. It's like

showing the angelic side to my—well, not crazy, but a little wild side.

Good to hear you still have your wild side intact!

I'm still passionate—in everything I do. Yung tipong hindi ako natatakot na maging bold in a way na not only to show my body but to express myself. And—pwede ko bang sabihin yun? Wag na! Ha ha!

Please go ahead...

When it comes to sex, I'm still passionate about that, to make my partner happy. Yun pa yung isang secret ko why I look young. Very important yun for the relationship to have a connection, and for your health.

Lastly, what are you so much better at now?

I'm now a giver and more all-out, as compared to before. Kasi pag Filipina ka nahihiya kang ikaw ang maginitiate. Unlike now, pag feel ko, ako na ang mauuna. No apprehensions. Girls being aggressive—I know you guys like that! **FHM**









SUZUKI HELMET + SPALDING

BE ATTACKED BY AN MMA FIGHTER OR FOUR POLICE DOGS?

JUMP OFF A BUILDING OR HAVE A TOOTH RIPPED OUT WITHOUT ANAESTHETIC?

WOULD YOU RATHER LIVE ON 500 CALORIES A DAY FOR A YEAR OR 5,000 CALORIES A DAY FOR A YEAR? WALK IN ON YOUR PARENTS BANGING OR HAVE THEM WALK IN ON YOU?

THE POWER OF INVISIBILITY OR THE MIRACLE OF FLIGHT?

BE IN A RICH POP BAND OR A POOR AWESOME BAND?

They're drunken debates as old as time. A single choice, no third option. *FHM* cooked up some classic dilemmas and asked some folks who actually know their stuff to help us choose the right path

FREEZE TO DEATH OR BURN TO DEATH? Words: Rosie O'Houlihan, Anton D. Umali Illustrations: Jeremiah Idanan

> BE LOST IN THE JUNGLE OR ABANDONED IN THE DESERT?



BE ATTACKED BY AN MMA FIGHTER

FOUR POLICE DOGS?



Fighting Spirit MMA analyst and Brazilian jiu-jitsu practitioner Theo Castillo says:

"Fighters hate the thought of giving up. They always say that in other sports

like basketball or football, athletes always act like they're hurt; in MMA, fighters almost always act they're fine. Cuts, broken bones, being blinded by blood dripping down the face-these are some of the things fighters ignore to stay in the fight. Some MMA fighters have come back from adversity by finishing the fight in devastating fashion even when it seems they were about to lose. Some were almost knocked out but managed to sneak in a hard, lucky punch and win the fight. Some get bloodied and beat but manage to get a deep submission. To some extent, fighters believe in never backing down. Fighters will claw their way out of situations when they can. This is evident when a fighter is sunk in a submission. When their gameness comes into play, some of them don't tap, causing them to snap their bones or even blacking out from a choke."



Tony Jordan, canine unit manager, says:

"Police dogs are not trained to bite the living daylights out of you. What the dogs are trained to do is to detain

you until an officer can reach you and physically arrest you. If you're legging it, the dog can get to you quicker and will bite you to stop you from fleeing. We train them to bite the arm, because that will minimize damage. The thigh could result in muscles being ripped out. In practice, bites do happen elsewhere, because a dog is an animal. If you're running away from a dog, the most logical place for a dog to bite you is the arse, really. Once it's bitten you it'll just hold on, like a vice. If you then turn on the dog it'll bite harder and potentially end up biting you all over. If you fight with them, they aren't fussy. But you'd have to be stupid to fight a police dog. Or be on drugs. If you just stand still, the dog should just stop short and start barking at you.

WOULD YOU RATHER

WALK IN ON YOUR PARENTS BANGING







FHM.com.ph columnist Stanley Chi says:

"I would rather that they walked in on me in the act. At least it will confirm their belief that they have bred and raised an exemplary specimen of a man. I get the feeling that after their initial disgust, they will be proud to have seen me in action! I'm just glad this hasn't happened yet, and I pray it never will. But if it does, I'll make damn sure I bring my 'A' game."

FHM VERDICT:

Having the parental units witness you ramming your honey might be awkward for all parties involved, but it's not like they haven't seen your penis before. Walking in on them doing the nasty is sure to earn you a therapy session or three. Being walked in on.

FHM VERVICE: Both are disciplined, single-minded opponents, but a dog's objective isn't to beat the shit out of you. Dogs.

WOULD YOU RATHER

FREEZE TO DEATH **BURN TÖ DEATH?**



Explorer Hazen Audel says:

"The most challenging environment I've ever been in was the Arctic, because if you don't maintain your drive to stay warm, you'll die of hypothermia. I'd never been so cold, and it was terrifying at any point when I was out of sight because the visibility had become so poor. It's unnerving, like being left in a dark room all by myself.

"When you start to succumb to hypothermia your body starts slowing down and you begin to become more comfortable, but that's your body giving up. You have to fight that urge for your body to slow down. You have to constantly monitor yourself and make sure your core temperature is in a safe situation. The cold gives you that ice cream headache when the wind blows. It's so unbelievably freezing there."



A burns victim (who preferred to remain anonymous) says:

"I was working on a furnace and the welds had blown, releasing all this built-up pressure. When I first realised what was happening to me, I was already on fire and laying in a pool of molten aluminium. I couldn't breathe due to the impact-in the end, this turned out to be a good thing as I would have ended up with severe damage to my lungs and

oesophagus. I never lost consciousness which allowed me to comprehend what I needed to do. My options were to try and escape the situation or give up and succumb to the flames. I thought of my family, and that drove me on.

"I had some protective gear on, but welders' jackets are not fireproof, and removing my flaming gear and lifting myself out of the molten aluminium meant burning the flesh of my hand and arm severely. I could smell my flesh burning — which is something you never forget. I was lucky enough to only sustain third-degree burns to 10 percent of my torso, arm, and hand. There were guys in the hospital's burns unit who were 80 percent

"It was the most painful, devastating event of my life. But while there may be skin grafts and scarring, there is still breath and life."



FHM VERDICT: A fatal dose of coldness, although still not ideal, actually sounds comparatively tolerable. Getting sleepy and dozing off forever is something we can all get behind. Freezing.

WOULD YOU RATHER **WOULD YOU** RATHER LIVE ON **500 CALORIES A** DAY FOR A YE





5,000 CALORIES A DAY FOR A YEAR?



Nutritionist Dave Clark Sison says:

"If we put this on a perspective

based on today's nutritional status of the country from FNRI-DOST, we are still prevalently underweight. Therefore it is much easier for Filipinos to live on 500 calories a day, but we should be concerned with the steady growing rate of overweight and obesity. We call this the double-edged paradigm of underweight, overweight, and obese. Understand that, of course, we would want individuals to consume based on their individual total energy and nutrient requirement as an ideal setting. Eating under and over recommended energy and nutrient values both pose threats to an individual. Continuous exposure to these types may lead to undernourishment for under-eating and over-nourishment for excessive intake. I do not think there are long-term outright benefits for either of the two. Depending on the objectives of the individual, one can only make use of its benefits (if there is any) for short term. For people who will only consume 500 calories, you would feel light as this is considered as a very low-calorie diet, and for 5,000 calories you would often feel bloated or heavy."

FHM VERDICT: Safe to go for 5,000 calories a day for a year, which can only mean more drinking binges and all-you-can-eat buffets. Hooray for calories! 5,000 calories.

WOULD YOU RATHER

BE IN A POP BAND WITH NO CREDIBILITY



AN AWESOME BAND THAT WERE UNLIKELY TO EVER GET RICH?





Label Marketing Manager for Universal Music Group Mark Bonifacio says:

"Some of the perks of being part of a pop band are: if you have a hit single or album, you can get sponsors, commercial endorsements, more shows, tons of fans, and get featured in

newspapers, magazines, and online sites. The pop music industry is hit-driven so songs must be catchy enough (no matter how nonsensical the song may be) to capture the market. It could mean the end for an artist if he/she doesn't have a hit single. Some pop musicians also consider themselves artists, especially if they also write or compose songs. For some who started young in this business, they realize it when they learn the ropes in the industry and decide that they have discovered their own brand of music. Some evolve as a musician and you might notice them making a big transition from being in a pop band/group to an alternative/rock one. They might also change their look and delve into other types of music depending on their influences. Credibility as a musician is important to anyone who is part of the music industry. Longevity is dependent on hits, so if a band doesn't have any hit song or, in most cases, a hit album under their belt, they may not be considered a success. There is also a possibility that a pop/mainstream band may have one hit, but it may be just that. When that happens, they will be called a one-hit wonder. In the end, whether you are part of a pop group or an indie rock band, success depends on how a label or even the artist markets their work and sustains it for them to stay relevant in the industry."



Jon Davis from the band Conan says:

"When you're in the sort of band we're in-a genre called 'doom metal cowboys'-you have total control over what you produce and perform. We control our own destiny-whether we get big or small or stay doing what we're doing is down to us. I can't help but feel that bands like One Direction

maybe feel like puppets on strings. I don't know whether those guys write their own music, but for me it's an artistic release-I get something tangible from doing it.

"The lineup we've got, we've known each other for years, and we'll spend hours and hours in tour buses stinking of sweat together. I don't think you get that in the bigger bands; you probably get pampered and don't have to suffer any hardships, and that's the sort of thing that we deal with all the time. We feel as if what we're doing is the real music industry. We're the unseen foot soldiers right at the bottom doing the hard work, then you've got the pop bands at the top just kind of creaming it. They're judged on their good looks, while we're ugly as fuck. But nobody's going to care if they catch me smoking pot. But young girls are really into pop bands, and if they get caught doing something slightly adult it's big news. I'd hate to be screwed in that way. I'd hate for anyone to be reading kiss and tell stories from when I was younger or anything like that. It'd be really shit.

"They clearly earn a lot of money, and we don't, but we didn't start this band to get rich. It's this internal desire to go out there and play music and I'll keep doing it regardless of cost. I've got enough money to live-I've got other streams of income, a recording studio and a small record label, and I've been able to drop the day job. We can do what we want-we're our own masters. Nobody tells us what to do."

FHM VERDICT: You know what it takes to be truly talented? Time. You know what affords you loads of time? Money. Can we get rich from being in a shit pop group then form a doom metal band? No? Fuck cred then. Pop.



ABANDONED IN THE DESERT BE LOST IN THE JUNGLE?



Levison Wood, the first man to walk the entirety of the Nile, says:

"The first priority is water. The general rule of thumb is you can do three minutes without oxygen, three days without water, and three weeks without food, but that goes out the window in the desert. When you've got temperatures of 50-55°C, you're not going to last a

single day without water. Avoiding the direct sunlight is another thing. I spent a month in the Sudan and another in Egypt. Luckily I was by a river for the most part, but there were times when for security reasons I couldn't be.

"People have an idea of what the desert looks like, but it's not just sand dunes. The desert I was in was volcanic, so it was a sort of endless plain of gravel and black rocks. It's difficult underfoot, but if you look hard enough you can find plants. I was drinking about nine liters of water a day, as opposed to the two or so that you'd drink at home. Carrying several days worth is pretty difficult. I used camels, but camels need water, too.

"In the desert you can drink straight from the river, but in Egypt where there are a lot more people crapping in the river, you'd rather not. Heatstroke is also an issue—you've got to know the warning signs, of dizziness, nausea, talking rubbish. It can come on very quickly. A journalist on my expedition died of heat exhaustion after three days. If it happens, you need to cool your body as soon as possible or you'll be braindead in a few minutes.

"Sandstorms can be a real issue. They come out of nowhere and fill the entire sky for hundreds of miles. It's deeply uncomfortable, it freaks your animals out, and it makes navigation incredibly difficult. We had a thunderstorm as well, and the ground can't really absorb the water, so flashfloods are a concern.

"There's more life in the desert than you'd expect. There are monitor lizards, snakes, and scorpions. If you were dropped in there alone with nothing, you wouldn't make it 24 hours."

Visit walkthenile.com for more information on Levison's journey



Explorer Hazen Audel says:

"Knowing how to identify specific kinds of vines to cut open and get water in the jungle is key. It takes a long time for your body to get adjusted to the kinds of bacteria there—the people that live there are used to it and their guts are tough, but if you've grown up in a city and drink it you're going to get so sick that you

won't be able to move.

"Even though it's incredibly hot, when it rains, if your clothes get wet they just don't dry because it's so humid, so at night you run the risk of dying from hypothermia. Learning how to make a quick shelter and get out of rain could save your life. If you're wet and not eating very much, it'll take a tremendous amount of energy to maintain your body temperature.

"The chances of running into a poisonous snake are pretty low, but if you do get bitten, it means you're done. You need to be hyper aware of poisonous snakes. If you're getting into the water, say crossing a swamp, the order of magnitude of things that can kill you go up. There are a lot of things in that murky water—electric eels, crocodiles—and the odds are you won't see what kills you. The tribe I lived with had lost people to anacondas. A lot of the tribesmen also die from rotten branches falling on them from trees. Not a lot die of old age.

"The rainforest has an abundance of food because there are animals everywhere, so protein isn't hard to come by—it might not be that palatable but there are needle grubs and tiny fish around. But because there are a lot of animals to eat, there are also a lot of animals that can eat you.

"When I was 19 I was staying by a lake in Ecuador, living off the land. I got really good at fishing. I'd go night fishing—they'd come up to the banks at night. One time I did that and the water flooded—it rose about three feet during my hike, so the trail that I was using just disappeared. I got lost, and was lost for four and a half days. I had no shoes and was just in a pair of shorts with a useless broken flashlight and a sharp stick. There was no ground—I was trying to keep warm while essentially sleeping in water. It's your will to survive that keeps you going in situations like that."

Hazen Audel presents the National Geographic Channel's Survive The Tribe

FHM VERVICT: Drop us in either environment and we're doomed, but dying in the jungle should at least be a bit more exciting than just drying to death. We might get to meet an exciting crocodile or something. Jungle.



HAVE A TOOTH RIPPED OUT WITHOUT ANESTHETIC?





Drunken jumper Choi de Vera says:

"I've jumped off the roof of a tall house before. I might have been intoxicated from all the alcohol, but I remember it being fun. What wasn't fun was when I landed on my butt. Sa sobrang sakit, I had to be brought to the hospital. Nabugbog ko yung spine ko ata nun and I couldn't walk properly for a while! I had bruised ribs and injured my lower back muscles. I was bedridden for two weeks. So lesson learned: wag tatalon sa matataas na lugar nang nakainom!"



Dentist EJ Leung says:

"Dental pain is one of the most painful types of pain. Without any type of anesthesia, pulling a tooth can be very excruciating. There are at least three different kinds of anesthetics used in dentistry. Local anesthesia is used to numb the area of the tooth to be pulled as it blocks the pain perception of nerves that supply the said area. Second, nitrous oxide is a gas that provides light sedation that alters your perception of pain and anxiety, but is usually used together with

local anesthesia. Then there's IV sedation, which is an IV line for administering sedative drugs with the use of more powerful anesthetics. Pulling a tooth without any of these can be very painful because these anesthetics block the nerves that transmit pain."

FILM VERVICE. Even though the tooth fairy would not approve and the price to pay is excruciating, bloody pain, having your tooth yanked sans the drugs won't leave you crippled and miserable for the rest of your life. Tooth.



Sean Bean for your dad or Kanye as your best friend?

A dad you can really drink with? Big daddy Bean.

Married to Scarlett Johansson or a torrid affair with Rihanna? Sorry RiRi, we wa

Sorry RiRi, we want something *real*. Scar-Jo.

A workout with Ellen Adarna or a dinner date with Marian Rivera?

Marian just got hitched. Time to get sweaty with Ellen. Ellen.

Official member of the E-heads or the FlipTop rap crew?

E-heads! E-heads! E-heads!

The Iron Man suit or all of Batman's bat-stuff?

Black tights and a cape is still tights and a cape. Iron Man.

As charming as Russell Brand or as successful as Mark Zuckerberg?

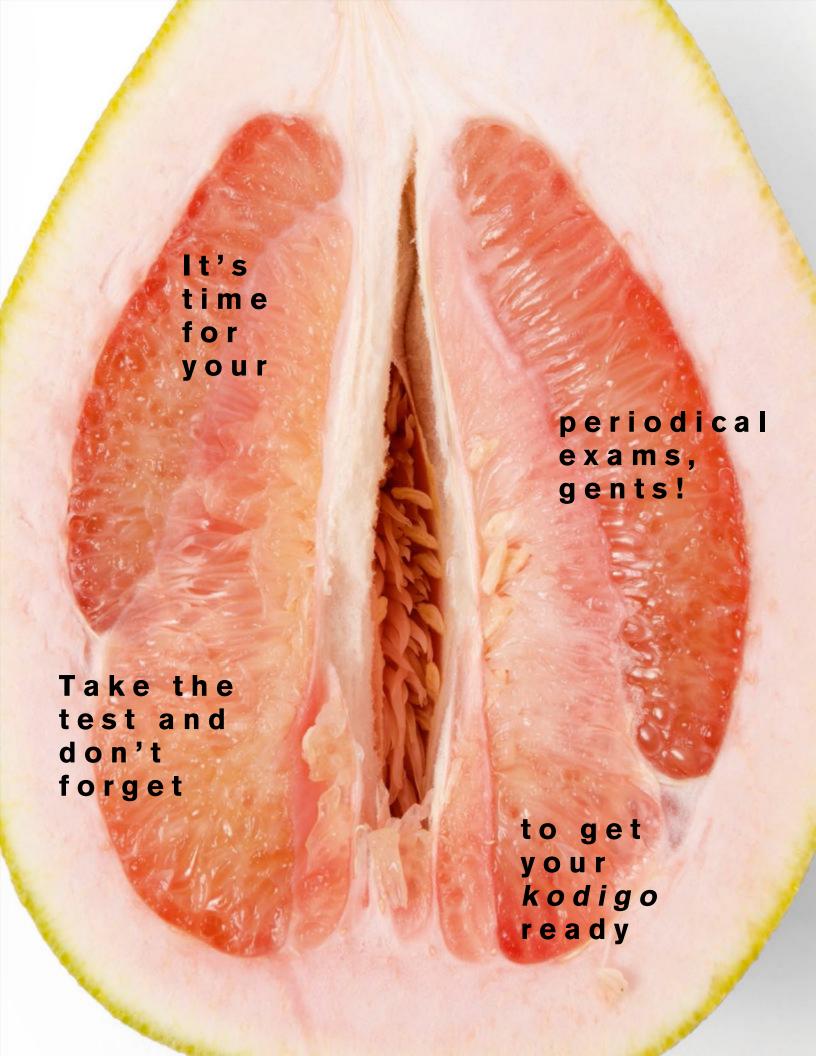
We'll live without charm. On our yacht. Zuckerberg.

The power of flight or invisibility?

We're being totally honest here? Alright then. Invisibility.

Don't agree with our decision making? Tell us on Twitter, @fhm, and tag it #WOULDURATHER

88 PHOTOGRAPHY Heidi Aquende WORDS Alex C. Paita PROP STYLING Genie Ranada-Babista





The word "vagina" originated from the Latin word "vãgìnae," which means... A Sword holder B Bringer of children

- C Virginal bag of fun
- What do the vagina and yogurt have in common?
- A They both contain a good amount of the lactobacillus bacteria.
- B They're both good for weight loss.
- C The Greek ones are the best ones.

The vagina's pH level 🍑 is around 4.5, making it naturally acidic, as opposed to the more "basic" penis, which falls around 8 on the pH scale. What good does this do?

- A It makes for a great environment for keeping your little swimmers alive inside of her love tunnel.
- B It allows for less friction and more lubrication.
- C Not true. It's just a marketing ploy crafted by feminine wash brands.

Her wetness down there is a sure sign that she is totally aroused.

A Not true. Vaginal lubrication means she's fertile. She can be dripping wet down there but is not horny at all. More like "about to get pregnant" maybe.

B Only true 50 percent of the time. My woman can be totally aroused even with a dry kitty, trust me.

C You mean super wet-with my drool? One-hundred percent sure she's ready for some action!

5 If not wetness, what about her vagina screams "hot and hungry for

A An erect clitoris. The clit has a pair of corpus cavernosa-the very same tubes of erectile tissue responsible for making your rod hard-that causes it to bulge and become more sensitive to touch.

B The color. Lightcolored vadge mean it's soft and therefore easier to penetrate.

C The smell. Pag amov Lactacyd, alam na!

6 Her clitoris is more sensitive than all of your putotoy. True or false?

A True. The clit has 8.000 nerve endings while the penis has only 4.000.

B False. The clit has only 100 nerve endings, while the penis has hundreds of thousands. C False. My putotoy

is just as big as her clitoris.





How big do you think the clitoris is, really?

A Six to seven inches. That tiny button-like mound you see on the outside of her bajingo is actually just part of her whole clit, which has two legs that extend to her pelvis.

B Three inches. It's that bulge that's directly connected to her G-spot.

C Strictly speaking, just five centimeters. The skin it's attached to has no nerves and therefore can't be considered a part of the clit.

> 8 On average, how much fluid can her iewel box discharge over a period of eight hours?

A About half a teaspoon, more if she's ovulating.

B Two tablespoons on a really hot day.

C One cup, if Tera Patrick is to be believed.

9 Which of the following isn't a part of the vagina?

- A Gray ramus communicans.
- B Vestibular bulb.
- C Ischiocavernosus muscle.

10 How many types of orgasms can a woman have?

A Technically, four-clitoral, vaginal, blended, and multiple. **B** Two-clitoral and vaginal. C Five-clitoral, vaginal, oral, anal, and visual.

11 A blended orgasm occurs when...

A She comes via both clitoral and vaginal means, due to extreme arousal before penetration.

B She is joined in by another woman and they blend together.

C The gooey fluid she emits looks exactly like the protein shake you drank yesterday.



Fact or fiction: All vaginas look the same.

A Both. Vaginas come in different shapes, sizes, and color on the outside. The labia are almost always asymmetrical, with one side normally being bigger than the other. But inside it's pretty much the same muscular, tubular mound of

B Fiction. They look different on the outside and feel different on the inside-if you know what

C Fact. They're all the same lovely glory hole I'd love to get lost in.



12 A multiple orgasm, meanwhile, refers to...

- A Her coming repeatedly. Studies say this is true for women who can handle stimulation nonstop even after reaching orgasm more than three times.
- B Her coming at least twice during one session.
- C An orgy, definitely!

14 Which among the following is most likely to have more trouble having an orgasm?

A A woman whose clitoris is farther from the vaginal opening, according to a 2014 study published in the Journal of Sexual Medicine.

B A woman whose clitoris is closer to the vaginal opening, according to Fifty Shades of Grev. C A woman with a small

clitoris, according to Jada Fire is SquirtWoman 3.



15 Well-hung dudes can do what damage to her punani?

A Nothing permanent. The vagina can expand up to 200 percent during sex. It's inner two-thirds increase in length and width when she's aroused. B Fatal. The vaginal opening could get ripped especially when not properly lubricated. C A well-hung dude who's pissed drunk can do emotional and physical damage even to a cactus plant.





16 In 2009, Russian gymnast Tatyana Kozhevnikova set the record by lifting a 31lb weight with her pussy. She did this by attaching the weight to a wooden egg that's inserted in her tunnel. Which of the following statements is true?

A The Pubococcygeus muscles inside the vagina are so strong that it can squeeze your penis and lock it in. Penis captivus-it's fo' real!

B Like Miss Kozhevnikova, your woman can achieve this by doing kegel exercises regularly. This should be incorporated in gym training programs everywhere.

C Miss Kozhevnikova is a fraud. Camera trick, guys!

18 Too much sex is good for her vagina as it is good for your prostate.

A False. Rapid-fire ejaculations can upset the pH level in her vagina, which makes her more prone to bacterial infections. B True. This makes her PC muscles stronger, thereby enabling her to have more controlled contractions and leading to more pleasurable sex. C True. Like a car engine, the vadge needs to get "oiled up" as frequently as possible, lest it gets old and rusty if not used for at a day at most.

Let's check your results

Mostly As You're a va-genius!

It's obvious you've been spending more time paying attention to her nether regions than your geography class. You can tell between actual fact and pure hearsay, a good sign that you effectively communicate with your woman and vice versa. Your girl must be really happy in the relationship you're both in. (Or you are, in fact, a woman, to which we say: Thanks for reading FHM!)

Mostly Bs

Getting there, soldier!

You know your pussy, but a little more research will prove to be more beneficial to your sex life. Encourage your woman to be more open about all things sack-related, keep reading this magazine, and soon you'll be known as Master Punani.

Mostly Cs

Uh-oh, something's wrong here...

Have you even seen a real, live vagina outside of your computer screen? We know, right. You're just starting with your, well, exploration, and that's okay. Knowing the ins and outs of her love tunnel really takes time and lots of experience points. Give Mariang Palad a break and get out in the real world! FHM



HOW TO

IN ALL THE

THERE ARE ACTUALLY 'RIGHT' WAYS TO EARN PAPER AND THE FOLLOWING THUG-LIFE EXPLOITS AREN'T IT. BUT THAT DOESN'T MEAN SCAMMERS AND PUSHERS HAVE IT EASY. ON THE CONTRARY...

WORDS: KHYNE PALUMAR WORDS: AJ BERNARDO

Also known as callboys, male escort services, boyfriend experience, lalaking pokpok-the job handle ranging from subtly classy to ingloriously vulgar depending on pay grade/ which socio-economic area of the spectrum you cater to. Fictional or actual choices of wardrobe may include: creatively thoughtout schlong thongs, betbet maong shorts, monotonous long-sleeve polos and, not impossibly, suits. A final note: Before any guy complains that, hey, we're only trying to make a living, we're not going to go into morality talk here-it's wrong because in this country of

Tricky skills involved: The right balance of sleazy and likable to reel in clientele, and get women (or men) "comfortable." Aboveminimum knowledge and application of thrusting positions, tongue and finger acrobatics, foreplay, a whole range of unique services/ fetishes, possibly cuddling.

prudes, prostitution is illegal.

Trickier occupational

hazards: On a regular basis: the real world challenge of kissing the bungal and bad breath, sticking your meat in weird holes, emasculation, and staying STD-free. In the long term: transactions in *laman* may penalize sex traffickers more than the trafficked person-as per anti-prostitution law, or articles 202 and 341 but that still slaps sex workers with 30 days jailtime (on the first bust), and up to six months for repeat

offenders.



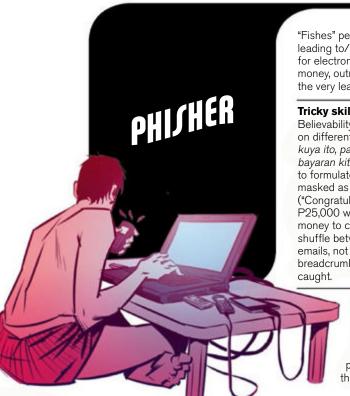
DOCUMENT FALSIFIER

The no-pila-required stop for government-issued IDs, universityissued diplomas, company-issued job certificates, LTO-issued stickers and plates-even Bangko Sentral-issued money.

Tricky skills involved: Not so much skill as it is about procuring equipment that can replicate specialized seals and "authenticating" bits and stamps. People without the fancy equipment, on the other hand, should be skilled with sheer ingenuity, and the bare minimum formal English-writing template skills. True and authentic documents, after all, should be grammatically correct.

Trickier occupational hazards:

P5,000 in fines when caught, plus prision mayor (six years and one day to 12 years in prison, and temporary absolute disqualification of the right to suffrage).



"Fishes" personal information leading to/and or directly asking for electronically transmitted money, outright cash, and/or at the very least, cellphone load.

Tricky skills involved:

Believability, ability to take on different guises ("Neng, si kuya ito, pa-load ako ng 500, bayaran kita mamaya..."), ability to formulate truthful statements masked as paliguy-ligoy trickery ("Congratulations! You just won P25,000 worth of condoms, send money to claim"), and ability to shuffle between numbers and emails, not leaving electronic breadcrumbs that will get you

> Trickier occupational hazards: Twelve years imprisonment and P200,000 for phishing online under the anti-cybercrime law.



LIFTERS



STIFFIES FOR STICKIED TECH

Builds longer relationship with "clients" than phishers, potentially pilfering bigger sums of money.

Tricky skills involved:

Ability to project trust, relatability, likability, closing (fake) deals, surrounding yourself with people working under the pretense that they're getting the same cut, maintaining an unshakable attitude and "no comment" face even as the hand cuffs are coming down.

Trickier occupational hazards: Prision mayor

(six years and 1 day to 12 years jailtime) to reclusion perpetua (40 years without parole) depending on the swindled amount.



Shoplifters, wallet lifters (snatchers), and the stickyfingered men and women who transport goods and valuables off back pockets, bags, hangers and shelves. Yes, you called it right-magnanakaw!

Tricky skills involved:

Skittling through merchandise with undetectable ghost fingers, muscle control (for clenching a large lata of Nido between your thighs), and a middling poker face that says you're not up to anything bad, but aren't too calm and smiley it raises security and crowd suspicion.

Trickier occupational

hazards: At the very least, you're caught in action and detained by mall security who will turn you over to police authorities without trying to shame, hurt, or kikil you first. At most, kikil, shaming, possibly getting slapped and beaten by the person you tried to run off their valuables with, and in the case of theft in public, crowded spaces-mob kuyog. On top of which, you get eight months to 10 years of jail time, assuming you're not stealing tech.

PUSHERS

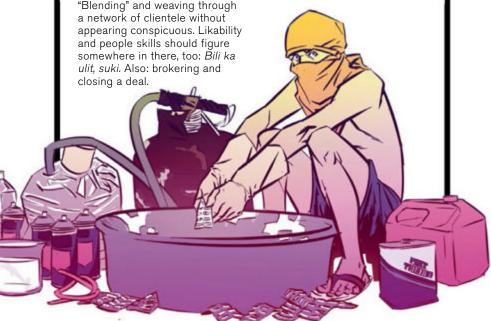
Peddlers of prescription and non-prescription narcotics, stimulants, and hallucinogens: with retail distribution ranging from rugby kids and bato users at the train tracks, to damo and other pocketable merch, not forgetting designer drugs at club parties, or wholesale, via syndicate rings.

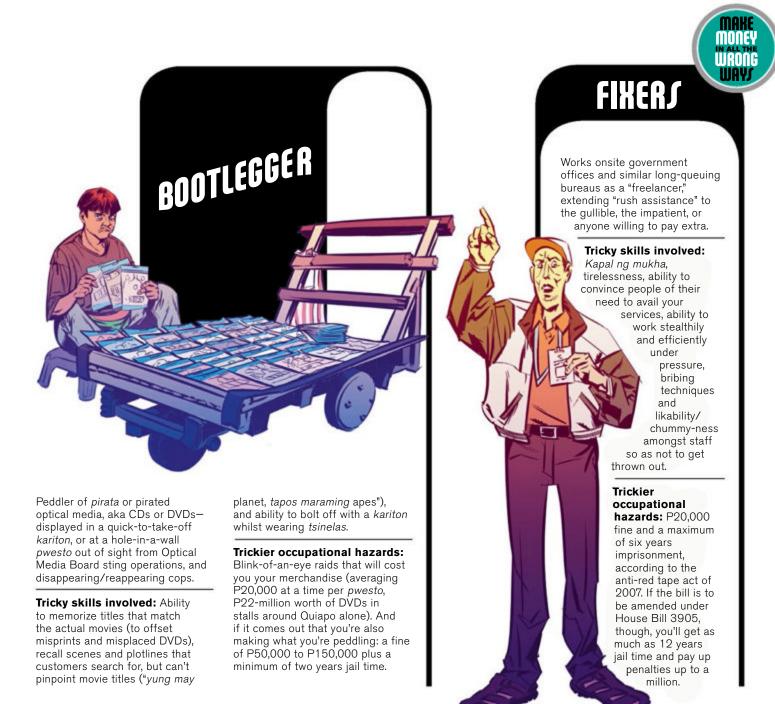
Tricky skills involved:

"Blending" and weaving through a network of clientele without appearing conspicuous. Likability and people skills should figure somewhere in there, too: Bili ka ulit, suki. Also: brokering and closing a deal.

Trickier occupational

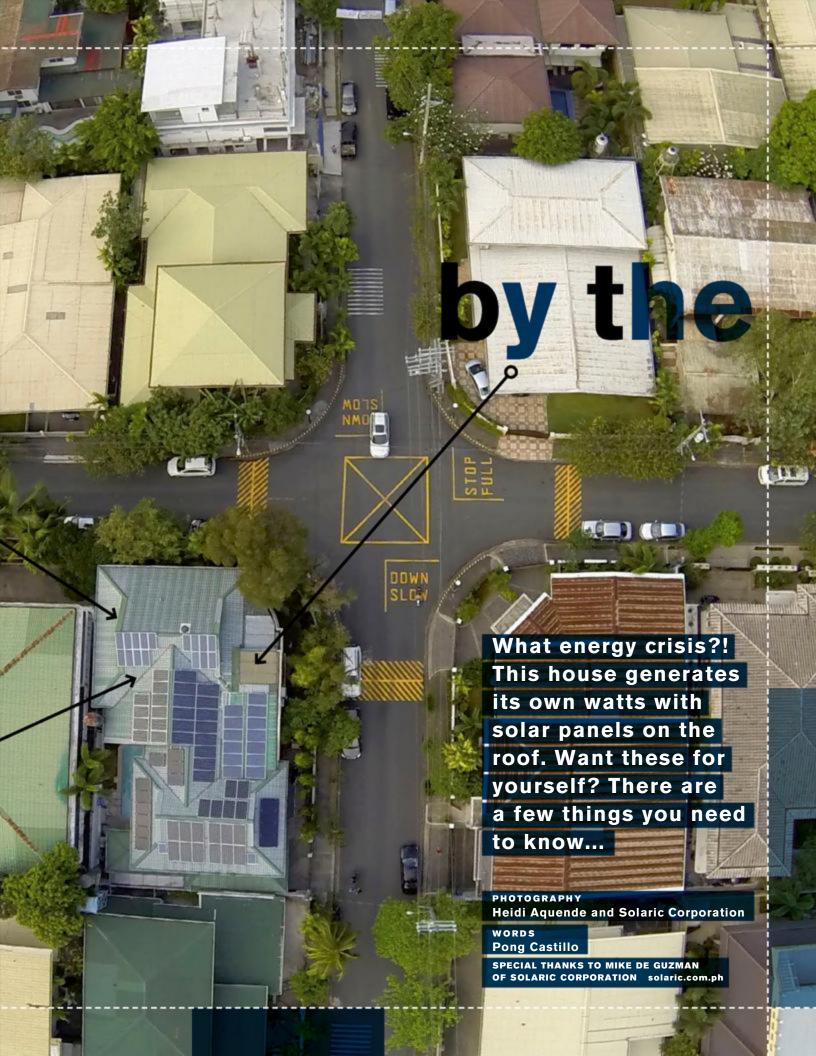
hazards: Getting flak or resbak from wronged, adik clients: Never be dry, and don't forget their sukli. Also, death penalties may have been out for a while, but reclusion perpetua (doesn't allow pardon or parole until after the first 40 years) for pushing, isn't any consolation either.

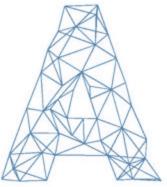




DIFFERENT SHADES OF SCREWED No one is above being stiffed-but some more stiffed than others PENALTIES/ Male Swindler/ **Document** Lifter **Phisher Bootlegger Fixer** Pusher Prosti Scammer **Falsifier MOST SCREWED LEAST SCREWED** JAILTIME Swindler/ Scammer Male **Document Pusher Bootlegger Phisher** Lifter **Fixer** Prosti **Falsifier**







s early as three years ago, the Department of Energy (DOE) warned the public of a possible power shortage come summer of 2015. In Mindanao, the news is nothing new; they've been in a power crisis for over five years now and brownouts are already a way of life. But the DOE says this time the shortage will stretch from from Luzon up to some parts of Visayas, including Palawan, and the effects could be anything from split-second power outages to rotating brownouts to leveling down from 220v to 110v (which means your lokal appliances will slow down, but your US-made imported gamit will work just fine).

In a power crisis of this magnitude, the big picture looks bleak. But it's not what you're really concerned about, is it? For us it's the little things.

It's frickin' 35 degrees Celsius, we're melting, and we can't use our fans and our air-conditioners?!

Everyone, except maybe people like Eric Villanueva, who lives with his parents in a "green" house with 10 solar panels up on their roof. While they're still connected to the country's power grid, the shiny panels they've got up there absorb enough energy from the sun to power most of their appliances.

"The house was built in 2012, and my parents first had two solar panels installed on our roofs to be the main source of electricity to heat our water tank," Eric says. They're three in the family, plus two household help, and the home doubles as an office for his retired parents who now do social work. Eric admits they own more appliances than the average home—they run an inverter refrigerator, one inverter and one non-inverter air-conditioners, an LED television and an old-school television box set, a washing machine and a dryer. There was

a time, Eric recalls, when as a gamer he would hole up in his room to burn his computer and run his room airconditioner the entire day. With just two solar panels at the time, their electric bill was at P6,000 to P7,000.

Two years later, the Villanuevas had eight more solar panels installed. "We are still tied to the grid [Meralco], but having 10 solar panels running our house lowered our dependence on it. Now our electricity bill plays around P2,000 to P3,000," Eric claims. He says that to have the whole house fully solar-powered, they would need two to six more panels. "It has cost us a lot, though. We started buying [solar panels] at roughly P70,000 each before, and it just got cheaper when China started mass-producing it. Maybe in a few years we can add more panels. Now, we are keen in sustaining our 'green' house."

It's all well and good, saving planet Earth and beating the power crisis. Except there's a paradox here somewhere: panels that are supposed to save you money but costs as much as a house to really do what it's supposed to do? Are you buying?

POWER IN THE LONG RUN

Dante Briones, CEO of Sasonbi Solar Philippines, which supplies solar panels in some parts of Metro Manila, will say of course, you should.

True, it's money upfront—with their solar panel packages ranging from P35,000 to P500,000 and up—but it can help you cut down additional costs. "We are looking at at least a five-year window time before a return of investment (ROI)," says Briones.

According to the Renewable Energy Management Bureau of the DOE, an average home consumes P3,000 worth of electricity, roughly at 500W-600W a month, which powers at least three fans, a refrigerator, and lights. By Briones' estimate, put 750W of solar panels for P50,000 to P60,000, and your electric bill will be down by 40 to 60 percent, saving you at least P35,000 per year.

Mike De Guzman, CEO of Solaric Corporation, likewise a supplier of solar panels to residences and commercial establishments, believes solar power really is the way to go. "It's a way of ending our power crisis, because the only way to solve it is to add more power generation."

According to the Renewable Energy Management Bureau of the DOE, the price of solar panels has significantly dropped in the last decade. Thanks to the Chinese (as usual), the prices went down significantly as they mass-produced solar panels. The price now compared to what it was five years ago is down to just one fourth—from \$6 (approximately P264) per watt down to \$1 (around P44) per watt.

And it is not only cheaper to buy the equipment now, but it is also more efficient with the system tie-up of solar companies with Meralco. "It is called net-metering," explains de Guzman. "It is a system wherein the consumer uses electricity during daytime that was generated by solar panels, and the



'unused' electricity come nighttime will be bought by Meralco to deliver to other consumers who are in need," explains the DOE. It's selling your surplus electricity to Meralco for half their rate, which can cut down your expenses in the long run.

"They are here to stay, no doubt. And as time passes and technology improves, the prices will only go down," says Briones. "We just have to find an affordable way to store [solar] energy to make it more mobile and available to consumers."

POWER TO THE PEOPLE

Thirty percent of our country's energy mix comes from renewable energy—wind, geothermal, hydroelectric, nuclear. But how exactly did solar energy, and solar panels in particular, become a current "hot" item?

For a company like Solaric, they'd have to thank an apocalyptic typhoon that practically blotted out the sun for that.

In November of 2013, during the wrath of Yolanda, solar companies volunteered to provide and install solar panels to thousands of families affected by the storm surge. "The government had their hands full," says de Guzman, who led his company to do volunteer work during the calamity. "We were deployed in Cebu six days after the typhoon hit." The first priority of Solaric then was to at least provide charging stations and safe, lit evacuation centers.

"People could not contact their relatives, relief operations were slowing down," de Guzman recalls. The panels they had delivered to Cebu





Mother Nature provides what utility companies normally charge you for

POWER OVER YOUR HEAD

Your roof, though, might require an overhaul.

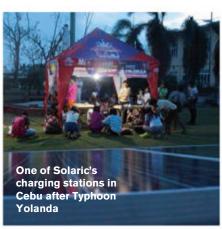
Solar panels need more than just the space on your rooftop. Before installation, solar companies need to conduct a house check to see if your roof can stand the weight of the panels and if your residential location receives enough sunlight.

Aliana Basa, a Makati resident, insists that her family was keen on taking the leap to solar. "We readied ourselves for the costs, but the solar company didn't see our house fit. They told us we needed to change the material of our roof so it could handle the weight of the panels, and that was beyond our budget already," Basa says. Also, the efficiency of solar panels depends on its placement on the roof—if it is directly facing the direction where sunlight is the brightest and hottest.

The upside, though, is that in general we get a hell of a lot of sun. "Even though we experience rainy season, the amount of sunlight or solar energy averages at 4.5kWh, but can shoot up to 6.5kWh during summer," says de Guzman. That amount is available to power your basic needs—a whole day in front of the electric fan included.

Just late last year, another major player in the renewable energy market, Solar Philippines, installed a 1.5-megawatt solar facility at SM North Edsa in QC, with over 5,000 solar panels and 60 inverters to power the whole 12,000-square meter roof area of the mall. Now the world's largest solar-powered mall, it reduced an equivalent of 40,000 tons of carbon dioxide emissions. The power it generates can cater to the basic needs of 2,000 Pinoy homes, and its effect on the environment equals planting up to 200,000 trees.

SM, of course, has very strong roofs the size of real estate. ${\bf FHM}$



for a paying client days before the typhoon were instead used for the first Solaric OFFGRID V1.0. It meant that the panels transformed solar energy into electricity and was not connected to a Meralco grid. LED light bulbs were powered, and over 120 people lined up to charge their phones from the 500W charging station. During the time, a liter of diesel was priced at P70 per liter, making the use of diesel-powered generators very expensive and inefficient. "Most of the generators in the provinces were washed away by flood, and even if some were working, people didn't find it practical to use." Solaric was able to reach and provide solar power from Malapascua, Bantayan, Ormoc, and Tacloban provinces. The solar panels they installed are still working.

"Business picked up from then on," says de Guzman. "People realized that though it is a one-time costly investment, it was highly reliable during emergencies."

GET (SOLAR-) POWERED!

These not-so-handy panels do a better job than your powerbank. Here, see what you need set up on your roof



One panel can power a refrigerator. This is ideal for a one-bedroom apartment. Perfect for the hipster environmentalist bachelor pad.



Six panels, which generates 1.5kW of electricity, can power a 1hp air-conditioner, a refrigerator, a fan, and lights. That covers the basic needs of a regular Pinoy household.



20 panels, or an equivalent of 5kW of electricity, can power two split-type air-conditioners, a swimming pool, a refrigerator, and lights. *Pang-mayaman*!



60 panels generate 15kW of electricity and can power a palace-type house that has all these appliances and more.

One of FlipTop's resident spit-masters takes on our well-researched, highly dignified barometer for manhood

Would you ever carry your girlfriend's purse at the mall if she asked you to?

I don't mind. I'll even offer to carry it for her before she even asks me to.

Man 🔲

Not man



If you could blow up one thing, what would it be? The building that photobombed Rizal in Luneta.

Man 🗸

Not man

Have you ever worn your briefs on top of your pants and pretended to be a superhero?

Yes of course! Who didn't? I even wore it on top of my head.

Man 🗸

Not man

Have you ever taken secret selfies?

Yes but I don't post it online. I just use it as a "mirror."

Man 🗸

Not man

Have you ever sniffed used underwear?

No! That's disgusting. Why would anyone do that?

Man 🗌

Not man

Have you ever farted openly in public?

I don't do it all the time but when I do I make sure it's somewhere noisy.

Man 🗸

Not man

What's the worst thing you were teased about as a kid?

My curly hair. Kulot salot daw.

Man 🗸

Not man

What fictional villain scares you the most? Captain Spaulding.

Man 🗸

Not man

Which romantic comedy makes you feel giddy inside?

50 First Dates, I never get tired of that movie.

Man 🗸

Not man

What's the name of the coolest pet you've ever had?

Anjo. A pet iguana I had when I was 13. His full name is Anjo Iguana.

Man 🗸

Not man

What's the longest you've gone without wearing deodorant?

24 hours. I had to take a shower thrice that day because it felt so uncomfortable.

Man 🗸

Not man

If the world were to end tomorrow, what would vour last meal be?

Well-done USDA Ribeye Angus Steak with gravy, buttered vegetables, lots of rice, and pumpkin soup.

Man 🗸

Not man

What's the title of the weirdest porno vou've watched?

Wally Bayola's Sex Scandal.

Man 🗸

Not man

Can you name one high-ranking FHM woman you've had an unforgettable experience with?

I can't. I'm sorry. I'm no kiss and tell.

Man

Not man

Have you ever had blood on your hands that was not yours?

Nope. Wait. Hmmm as a matter of fact I have.

Man 🗸

Not man

12/15

He's capable of reducing other rappers into puddles of piss with his unabashed floetry, but carrying your lady's purse does not a gangster make. This leaves Loonie in the median of our roster!

THE MAN TEST **LEADERBOARD**

Sef Cadayona 14/15 Jose Manalo 13/15 Chito Miranda 13/15 Loonie 12/15 **RA Rivera** 12/15 Gloc-9 12/15 Medwin Marfil 12/15 Brandon Vera 11/15



Yuri Choii can talk about gym hatred, love of extra rice,











and her smooth lady parts so seamlessly,







that there's no reason not to fall in love...

Photography

JERICO MONTEMAYOR Interview

KHYNE PALUMAR

Styling

J-EM STA. ANA Makeup

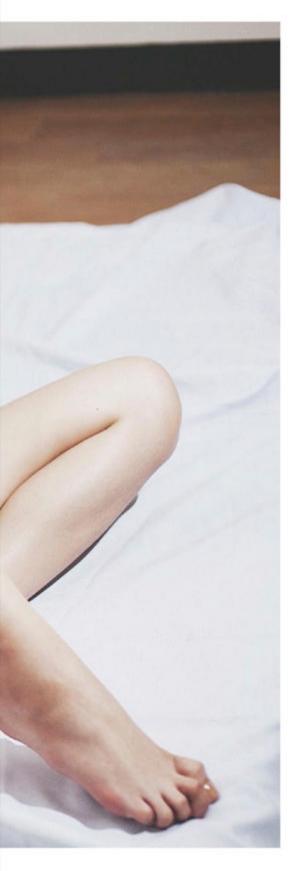
RHINA MONTEMAYOR Hair

GEORM IMPERIAL





Sa attitude. I like sharing my blessings at mahilig akong tumulong. Korean lang po ako sa pagdadamit at sa mukha'



It isn't every day that you hear women who look decidedly Korean blurt out "kuyukot."

Ask the next person to say this and it sounds dirty and ridiculous. Ask Yuri Choi, and she could just as well be saying something else. Something not related to butt crack or butt cheeks, but light and fluffy, and made of gooey, happy things. Something that makes you gooey and happy too. Foreign women speaking in a kind of innocent and charming Tagalog twang tend to do this. You only need to take a look at Yuri's photos and imagine her endearingly refer to her kuyukot once more. Now imagine her mouthing the rest of this conversation...

Do we call you Choii Yuri or Yuri Choii?

Pag Korean kasi nauuna yung last name kaya nagiging Choii Yuri, pero it's Yuri Choii—Yuri yung pwede niyong itawag sa akin kasi that's my first name. Pero yung nickname na tinatawag sa akin ng friends ko kasi gusto lang nila, Choii lang.

You speak really good Tagalog, though. Are you really just Korean-Japanese?

Actually half Korean lang. Nung lumabas ako sa FHM.com.ph, tinawag nila akong Korean-Japanese, pero naguluhan lang siguro sila kasi yung Yuri is a Japanese name. My mother is Filipina and my dad is Korean. Pinanganak ako sa Korea, and then I transferred here in the Philippines when I was almost 12 years old. First language ko yung Korean, and then English muna, saka sumunod yung Filipino. Later on, natuto na rin akong mag-Bisaya nung nagbakasyon kami ng mama ko sa Mindanao.

Were you ever bullied for not speaking the language as a kid?

Pag nagsasalita ako ng Tagalog noon sa Zamboanga, natatawa sila kasi mukha akong Korean. Nung lumipat naman ako sa Manila at naririnig nila ako mag-Bisaya, natatawa rin sila. Ha ha!

You must have had a lot of kids crushing on you back in the day though...

Oo, marami rin ang nagkaka-crush...

Were your boyfriends mostly Pinoys or Koreans?

Koreans and Japanese, isa pa lang ang Pinoy. My longest relationship was with my Korean ex-boyfriend, which was a year and two months. I was with my Filipino ex-boyfriend for five months, which was also my shortest relationship.

Is it because you're more Korean than Filipino?

Hindi naman. Yung mga panahon lang na yun, busy at nawalan kami ng time sa isa't isa, kaya nag-separate na lang. Pero in terms of culture and attitude, mas Pinoy ako—pusong Pinoy.

Why do you say pusong Pinoy? Sa attitude. I like sharing my blessings at mahilig akong tumulong. Korean

lang po ako sa pagdadamit at sa mukha.

How sexy do you dress on a regular day?

I usually go for a simple shirt, nothing too sexy. I go a little sexy on night-outs, though. I would be in shorts and a croptop. Medyo boyish ako gumalaw, so pagmaiksi ang suot ko, my friends would always call me out pag nakikitaan na ako: "kita na kuyukot mo"

We hear you also eat like a man. Is this true?

That's true! Malakas talaga akong kumain. I can finish two to three cups of rice. Hindi man halata, but I actually don't go to the gym.

How are you still able to look that way then?

I still exercise, pero puro calisthenics. Though I don't really do it regularly. Medyo tamad ako to workout, so I would just do it kapag may pinaghahandaan akong photo shoot or event. If that's the case, I could do eight sets of calisthenics in one go.

Koreans have really good genes though, good skin. Are you *makinis* all over?

Yes, and makikita niyo naman sa photo na makinis ako hanggang sa kili-kili at singit. Ha ha! Pero naniniwala ako na whatever your nationality, merong certain smell...

What would you smell like?

Ako? Always vanilla or chocolate. I like putting on sweet scents.

Is that a plus in the bedroom?

Yes. Though I think you should still consider other factors to gauge the performance. Sa tingin ko, kung susukatin mo ang performance ko, mataas naman ang score ko.

How high would that score be?

Siguro on a scale of one to 10, one being the lowest, nasa nine ako.

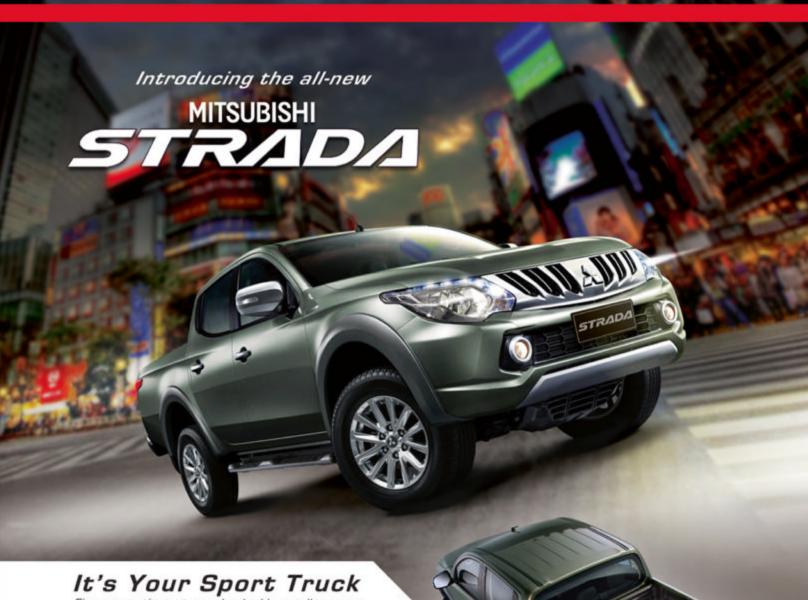
Nine? Why not make it a 10?

Nine lang, kasi hindi ako marunong mag-booty work.

Booty work?

Booty, as in hindi ko pa na-ta-try sa other hole. I almost came close to trying it, pero natatawa na lang ako. Ha ha! FHM





Five generations strong, backed by a rally-proven heritage and the Mitsubishi Strada still can't be stopped. Balancing the finesse of a sedan with the awesome capabilities of a truck, the Mitsubishi Strada is as capable as it is comfortable. Be it in the city or far off the beaten path, you will always get performance without compromise.

Features of the GLS Sport V 4x4 A/T



Push Start/Stop button



Super Select 4WD II -Electronic Dial Selector



Magnesium Alloy Paddle Shifters
 Cruise Control





2.5L DHD

Reliable 2.5L Common Rail Direct Injection Diesel engine with VGT. Color and specs may vary from actual unit.



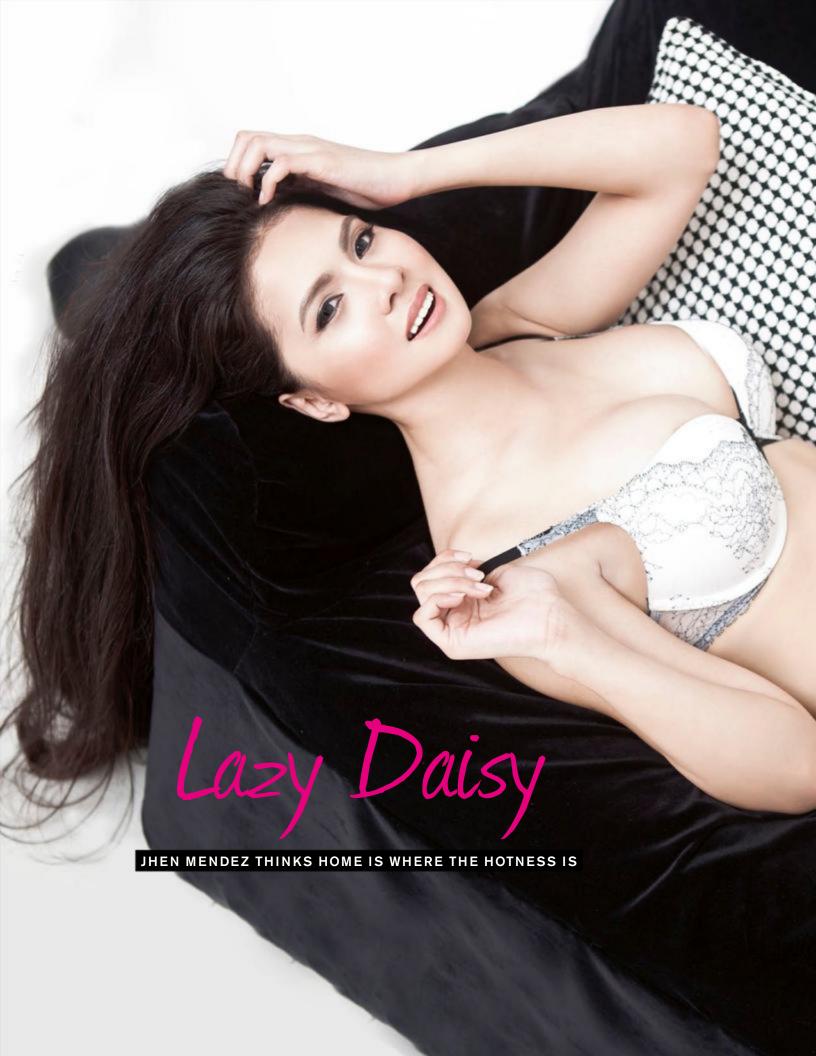
Car-like comfort like no other with class-leading legroom, a wider cabin, a new seat design, and a host of other amenities.



 Multimedia Entertainment System with GPS Navigation and Tire Pressure Monitoring System (Dealer Option)
 Dual Zone Auto Climate Control System



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ORIGINALFILM



















APRIL 4, 2016 | CCP COMPLEX OPEN GROUNDS











What is your occupation? I'm a freelance model. I do car shows and events.

What was it like to shoot for FHM?

It was exciting and I was a little bit nervous, but the photographer and the whole team made me feel so comfortable. I enjoyed the shoot!

Would you say it was the sexiest thing you've done in your life?

Yes, this is the sexiest thing I've done in my life. Feeling ko kasi hindi naman ako sexy kaya before shy talaga ako. Pero during the shoot sabi nila sexy naman daw ako—so naniwala naman ako, ha ha!

Prior to being a model, what did you do?

Nothing really aside from full-time modeling but I have plans of putting up my own business, like a nail spa.

And why exactly did the crew have to convince you of your sexiness?

Kasi I want to be slimmer pa, as in with abs, ha ha!

You also mentioned that you don't get to go on a lot of dates, what keeps you busy? I'm usually with friends lang.

'THIS IS THE
SEXIEST THING
I'VE DONE IN MY
LIFE. FEELING
KO KASI HINDI
NAMAN AKO SEXY
KAYA BEFORE,
SHY TALAGA AKO.
PERO DURING
THE SHOOT SABI
NILA SEXY NAMAN
DAW AKO—SO
NANIWALA NAMAN
AKO, HA HA!'

Depende rin kung may magayang mga friends na girls. Kung may gusto mag-hang out. Pero mostly I stay at home lang.

Are you scary to ask on dates maybe?

Honestly, wala lang talaga nag-a-ask ng date, ha ha! Ewan ko rin kung bakit! Kahit sa Valentine's wala and I want to experience the best Valentine's date ever! Pwede naman ako i-invite kaso syempre hindi naman lahat ng nag-a-ask papayag ako—depende pag mabait at serious. And okay lalo na pag gentleman naman!

Like guys who give flowers and all? Do girls still like to receive flowers these days?

Ako, gusto ko ng flowers pero mas na-a-appreciate ko rin pag something na nagagamit ko talaga yung binibigay sakin kesa sa bulaklak.

Practical could easily become boring though.

I want jewelry, watches, and bags, ha ha! Lalo na pag yung binigay sa akin is something na gustung-gusto ko tapos di ko pa nabibili—tapos masu-surprise nalang ako na bibilhin for me! Nakakakilig yung mga ganong moment. Gusto ko kasi yung na susurprise ako tapos full of effort pa yung regalo. Ang sarap ng feeling and yung ngiti ko abot tenga and nasa face ko nang matagal, ha ha!

You mentioned that you stay home often, not the party every night type?

Oo, sobrang gusto ko na at home lang ako, tulog lang nang tulog, ha ha! Pero I go out with my friends din naman at least once or twice a week. We get coffee, go shopping or watch a movie. Pero may mga times na magisa lang din ako sa mall, okay lang sa akin ang ganun.

Maybe you should just invite guys over to your house then...

Naku, hindi pwede, ha ha! Wala pa akong na-iinvite na guy to stay over. May pag ka-conservative kasi ako, saka actually di ako sanay magpasleepover sa place ko-kahit girl, ha ha! FHM



















APRIL 25 - 26, 2015

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CARSHOW | CONCERT | DJ PARTY | FASHION SHOW | LIFESTYLE EVENT IMPORT BABES | MUSIC | MISS HINY MANILA | MORE







































How do you kill this burning summer heat?

By eating fruit salad with model Ann Miranda all day long!

PHOTOGRAPHY:
EJAY LEUNG
OF MIDNIGHT BONKERS

INTERVIEW: PONG CASTILLO

STYLING: DEBRA BERNALES MAKEUP: JANINA DIZON HAIR: EMMANUEL HERNANDEZ II



he last thing we want this season is sweat marks in all the wrong places. If there's anything we need now, it's a breath of fresh (and cool) air to spare us from that amoy-araw scent. But Ann Miranda here is making the temperature rise, where our palms begin to

sweat and our bodies grow warmer. It could be unforgivable, only we admit that we actually don't mind at all. Why would we? Ann scantily clad in refreshing fruit slices is still, undeniably, a zesty thirst quencher.

It's your second time posing for FHM. Nice to see you again!

I can say I pretty much did a better job this time. I was able to let go of being too self-aware kaya mas naging natural yung flow.

We can see you really got in the zone with only those fruit slices to wear...

I initially found it hard to work around with the fruit props kasi sanay akong mag-sexy shoot nang nakalingerie lang or just plain naked. It's nice to be able to shoot sexy while having fun. Pwede rin naman pala yun! Who knew I could be seductive while being cute?

You took on the challenge pretty well! How are you planning to spend this season?

I really liked our shoot today kasi very fresh, just in time for the summer. Though I personally enjoy swimming talaga pag ganitong panahon. I would go to beaches or kahit pool resorts lang. I'm a bit fair, pero hindi ako yung maarteng babae na takot magpaaraw. Ha ha! And I think summer is best spent with friends.

We like that you are very outgoing. If you are to spend it with a lucky guy, though, how would you want your summer date to go?

I would love it if he can bring me to Boracay in May. I haven't been to LaBoracay, kaya this year, yun talaga yung gusto kong mapuntahan.

Rumor has it that it can get pretty wild there. As the saying goes: What happens in Boracay, stays in Boracay...

Wala talaga akong idea eh. I just heard that it's one of the biggest and most fun beach parties sa bansa natin.

People tell me na marami ka talagang makikilalang interesting na tao, and that excites me. Alam mo na... new friends. Ha ha!

Do you have a wild side we would be surprised to know of?

Wala naman. Hindi talaga ako gumigimik. I like shopping though. Kapag aalis man ako para pumunta sa bars, manonood lang ako ng banda. For me kasi yung puro inom lang and party is boring. Ayoko ng masyadong wild. Ironically, clubbing bores me. Mas gusto ko ang live bands.

What type of music would make you stay and hang in a place longer?

I like chillout music and

'I want someone who has personality, and at the same time can handle my personality'

reggae. That's my type of gimmick—yung mag-be-beer ka lang by the beach habang nakikinig sa banda. It's very relaxing and entertaining at the same time.

Would you say that musicians instantly win in the pogi department for you?

It is a big advantage, of course. He wouldn't have a hard time entertaining me. Ha ha!

Say, he's into party music, would that change the dating game?

Depende. Gusto ko kasi talaga husband material. Ayoko ng immature, ayoko ng parang bata. Being young is great, but having the bagets

> mentality sometimes is not healthy in a relationship. I actually prefer older guys, at least four to five years older.

What is it about older men that attract you?

Gusto ko kasi ako yung i-hahandle. Ayoko ng ako pa yung magdadala sa guy sa relationship. I want someone who has his own personality, and at the same time can handle my personality.

The right mix of passive and aggressive, we like that. Are you the same in the bedroom?

Most of the time gusto ko ako yung masusunod. Ha ha! It's also nice that the guy can play submissive to me...at least in bed.

Among the fruits that we dressed you in, what's your favorite?

Sobra akong health conscious eh, ang hirap pumili. Pero sa totoo lang, mahilig ako sa saging. Siyempre potassium yun. Mahilig talaga ako, lalo pag umaga. Ha ha! FHM





NOW YOU CAN TAKE THE BABES EVERYWHERE YOU GO.



Get these FHM specials on buqo.















VIETWEM

DRIES FASTER THAN A SPEEDING BULLET!

This summer, a common scene outside beach resorts will be bros hanging their underwear out to dry before the trip home. One solution to this eyesore is to simply not cram that last-minute morning swim; the better way is to grab some of Pullin's Lycra synthetic bottoms that dry up way faster than their cotton brethren. Bonus: They also look mighty fine peeking out over your boardshorts if you're all about that visible briefs like-a-superherolook.

WORDS: ASH MAHINAY; PHOTOGRAPHY: RIA REGINO OF FAT CAT STUDIO; FACE PAINT: IYA YUJUIGO

Master P2,280

Available at Stoked

Master Sublot

NI

TUA

The Pullin Master boxers and its hydrophobic powers! Ooh!

FUTURE PRO OF

PHOTOGRAPHY:

Toto Labrador STYLING AND WORDS:

Amador R. Madamba GROOMING & MAKEUP:

Vida Non-Jaucian

MODEL:

Laurens Tolenaars of Mercator Model Management



3

truly versatile

color that looks

good on everybody.

It's slimming and

can look more

dressy or casual

depending on the

occasion

With a good number of international brands and labels opening shop locally, it's never been easier to go wild with your look-and get it all wrong as well.

We've pulled our former fashion editor back into the fold for a special lesson with a shade that will never go out of style. Consider this your baseline for the next half-decade of swag.

No.1

BLACK
CAN LOOK
STARK, SO
ADD VISUAL
INTEREST
WITH TEXTURE
AND COMBINE
IT WITH A
CONTRASTING
COLOR.

WHITE AND BLACK ANIMAL PRINTED POLO SHIRT: P699, BLACK QUILTED VARSITY JACKET: P1,399, AND BLACK SLIM FIT JEANS: P999, FOLDED & HUNG, BLACK LEATHER AND CANVASS YAVNIA BOAT SNEAKERS: P3,795, ALDO.





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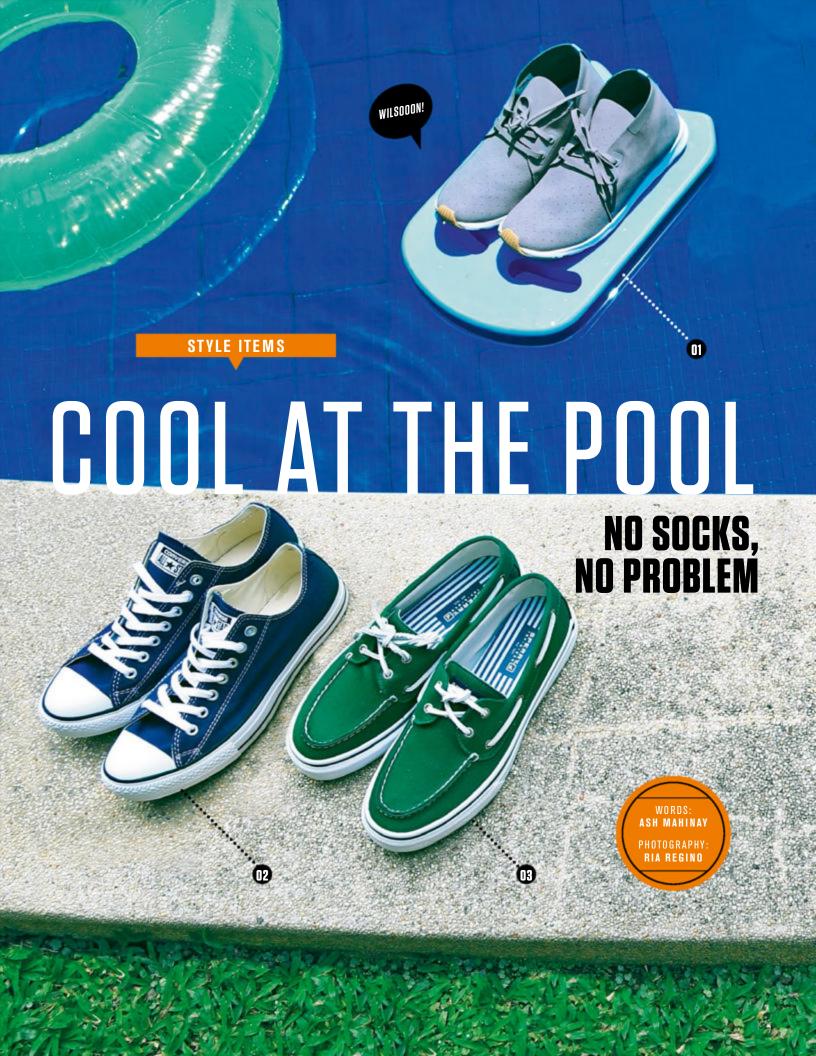


<u>No.</u> 6

SPRUCE UP YOUR COMFY CAMO **JOGGERS** WITH A LONG SLEEVE **BLACK SHIRT FOR A NIGHT** OUT.

BLACK LONG SLEEVE SHIRT: P2,290, AND GRAY CAMOUFLAGE PRINT JOGGERS: P1,490, H&M.
BLACK NYLON AND LEATHER IACONO SNEAKERS: P3,495, ALDO.





01

Native Apollo Chukka

If you really must cover your ankles this summer, the Apollo Chukka's "23 ½ marshmallow" weight is what you need. Aside from being a featherweight, this boot is also 100 percent animal free-unlike some swimming pools out there. P3,990

02

Converse Chuck Taylor All-Stars

Is there anything that still has to be said about this classic? If you still don't own one, it's best to start with the navy colorway that will work with anything except an all-blue outfit. All-blue outfits are only for the pros. P2,090

03

Sperry Bahama 2-Eye

The Bahama has the daddy swag upper of a boat shoe combined with the young boy cool of a rubber outsole. That means it can either dress up an outfit, or dress it down. Useful!

P3.495

04

Keds Champion Solid Army Twill

Did you know that twill is not a fabric but a type of weave? It is often made with a thicker weight of cotton though, hence the prevailing idea that twill is cold weather material. These Champions say otherwise.

P2,495

05

Geox Copacabana

The Copacabana hides a high tech rubber sole beneath the classic jute rope midsole. The sole's breathability lets you no sock these all day and avoid any potential slips into the pool when you get all tipsy from midday drinking.

P5,175

06

Geox Soul

Put these suede driving moccasins on and you'll always look like you drove to the pool in your fancy only-on-Sunday car-even if you actually took the bus or something boring. **P7,650**



Girlfriend Asia Gomez

Another curvaceous woman with a familiar name talks confidence, dating, and sex. We're not complaining



ex is not rocket science," model Asia Gomez confidently says when asked about her knowledge of the topic: "We are all

experts in our own right," she adds. And when a girl dressed only in a shirt and nothing else tells you that about sex, instinct dictates that you should believe her. Even when she's at her most casual, there is something about Asia that draws us in-probably her sense of conviction when she speaks, or her friendliness that puts everyone at ease. We're not really sure. These photos should be able to explain better.

You were quick to loosen up in the shoot. We see you came prepared.

I guess being comfortable with your body is the key. When you are comfortable and confident in your own skin, everything will follow. This is one of the most exciting shoots that I've ever done, super cool ng team niyo!

Thanks, but really, you're a natural. Have you always wanted to do modeling?

It wasn't really a childhood dream. When I was 13, my friends would encourage me to join school pageants. When I started winning, that's when I thought that maybe I have a future in modeling.

No crushed beauty queen dreams?

Ha ha! Of course I also had that dream back when I was a lot younger, but my priorities changed over time.

Beauty pageants and sexy shoots—how different are they?

They are very different, but both require grace and class. I have been to all kinds of shoots and I can say na hindi naman ako maarte o mapili. When I got your invitation to do this, overwhemled talaga ako.

What surprised you in our shoot today?

I totally let go of my fears this time. First time kong maging a la prinsesa sa photo shoot. Ha ha! I am inspired right now kaya rin naman overflowing ang emotions ko.

Where do you draw that inspiration from? From a lucky guy, maybe?

Ha ha! I am currently single, so it's really from my family, my friends, and my admirers.

Photography: **Aaron Ebio** Interview: **Pong Castillo**

Styling: **Julie Ebio** Makeup and Hair: **Julie Ebio**

* * * * * *



QUICKFIRE ROUND

Trunks or boardshorts?

Mas sexy for me ang trunks.
One-piece or two-piece?
Two-piece bikini. Lakas makasexy ng tan lines!
Mestizo or moreno?
Tanned! Mas malakas ang sex appeal nila!

You are obviously blessed with big assets. Does that come as an advantage for you when dating?

Yes. But honestly, when I like someone, I make sure they get to know me from the inside. More than the physical traits, it's important for me to know the character of a person. My friends know me well, madali akong makipagkaibigan.

What would we be surprised to know about you?

My friends call me "Queen of Walwal," dahil super wild ako sa parties and events. Ha ha! But I am a different person pag wala sa parties. My family comes first always. I make sure maaalagaan ko sila.

How would we get the chance to know you better then?

I am not really particular with the physical appearance. It doesn't matter much to me. Basta mabango and hygienic yung guy, attractive siya para sa akin. Sa personality naman, gusto ko yung astig and hindi boring sa kama.

How would you want to get it done in the bedroom?

I get bored when my partner starts doing the same things over. I want variety. I like it when my partner is able to bring new things in the bedroom. Guys who are dominant in bed turn me on. Be wild and sensual in bed, I'd love that!

You have the same first name as our former sex and relationship guru, Asia Agcaoili. How would you rate your expertise in that department?

Sex is not rocket science, really. Ha ha! We are all experts in our own right, and I'm pretty sure I'm good at what I do. Basta Asia ang pangalan, magaling talaga yan sa lahat. Ha ha! FHM



Have some **SUMMER FUN** in a brand-new home through

myproperty

Just because you're on vacation doesn't mean your home hunting should be on hold too. Search through MyProperty.ph's database of over 200,000 hot listings and land the property of your dreams.





Work with plants

Surrounding yourself with foliage boosts creativity in the workplace, according to researchers from Texas A&M University. Even a cactus on your desk can make a world of difference.

02

Test your pillow

Fold your pillow in half and put a book on top. If the pillow flops back to flat, it's a keeper. If not, it's knackered, and might even be doing your neck some permanent damage.

03 **Touch your toes**

Stretching is as an important part of your workout as hammering weights or holding a plank, and should be done both before and after training. "Stretching before exercise is best done dynamically," explains personal trainer Scott Laidler. "This warms up your muscles, increasing your range of motion and helps you avoid injuries." High knees and lunges are a good place to start. After exercising, move to static stretching, where you hold a pose for 30 seconds. "This form of stretching helps you to reduce pain and aching after exercise and increases flexibility," he adds.

Drink up

Even a two-percent drop in your body's water content can lead to dehydration and related symptoms (like sluggishness and poor shortterm memory). Stay hydrated.



Don't tell your boss we said this, but sometimes, if you're really, seriously stressed, taking a day off to catch up on life admin, can have genuine, legitimate health benefits.

06 **Blink more**

Humans' eyes are designed to blink about 18 times a minute, but studies suggest that people only blink about half as often while using a computer or other digital device. The result is dry, tired, itchy eyes. Follow the 20-20-20 rule: Once you've been staring at the screen for 20 minutes, break for 20 seconds and look 20 feet away.



sleep or just veg out on the sofa





Have more sex

Just in case you needed a reason to have more sex more often, researchers at Wilkes University in Pennsylvania found that college students who had sex once or twice a week had higher levels of antibodies that fight off germs and viruses compared with students who had sex less often. Get to it.

08 Download a decent app

A number of studies, including one conducted by the Stanford School of Medicine in California, have shown that people who track and manage their health require fewer hospital visits. There are thousands of apps that claim to help you get healthy, but My Fitness Pal (free on iOS and Android) is the most useful for motivation. Input your food, your workouts, and your goals into the app, and monitor your-and your friends'-progress.



09 Wash your hands

Every time you touch a doorknob, coins, or a human hand, you're potentially coming into contact with nasty, disease-causing germs. If you want to take fewer sick days this year, then use hand sanitizer.

Light a candle

Lighting a jasminescented candle for just one minute before bed leads to a better quality of sleep, found scientists at Wheeling Jesuit University in West Virginia.

11 **Touch yourself**

No, not there. Learning the art of self-massage can help you reduce stiffness, aches, and pains (not to mention save a fortune on spakol visits). Tension tends to concentrate in the shoulders. especially if you're tapping away at a keyboard all day. Stroke and squeeze the muscle lightly to warm the area. Then use firmer pressure to work on knots in the muscle. To stretch your shoulders and back, pull your arm across your chest, which will help loosen the muscle around the shoulder and help improve your mobility.

12 Get rolling

Yes, they look stupid, but foam rollers are one of the best (but surprisingly painful) ways to release deeper tensions and flush the muscles of built-up toxins. After lengthening the muscle through rolling, find the trigger point in the muscle (where the pain radiates from) and hold the pressure on that spot for 10 to 50 seconds. Don't forget to keep breathing and follow up with gently rolling over the area after to lengthen the muscle again. Foam rollers work especially well on large muscle groups like your quads.

13 Stick a hose up your bum

Before you start sniggering at the idea of "having your pipes cleaned," colonic irrigation can help you lose weight, decrease your chances of colon cancer, and improve your immune system. This procedure involves a gentle infusion of warm water into the colon by means of special disposable tubing. The water dislodges waste that may have become trapped in the body for reasons that may include stress, poor diet, insufficient exercise or other causes.



Fasting to burn fat

Not eating throws your body into starvation mode-breaking down muscles, storing fat, and messing with your metabolism. Don't stop eating, just eat clean.



Jog yourself thin

Slow, steady running will get you in shape eventually. But to burn fat fast, you're better off doing shorter bursts of exercise with high-intensity intervals.

Diet by detoxing

Your body's a detox machine-that's what your liver, kidneys, and pancreas have evolved to do. Drinking nothing but juice for three days hardly works.



The ladies in your life have known about exfoliation since before your testes dropped. Scrub the dead skin away using an exfoliating glove or brush to unclog your pores and keep your skin healthy.

15 Take a cold shower

Standing under cold water releases feel-good hormones in your brain. An Ice Bucket Challenge is a good start, but to really feel the benefits, keep the cold tap running for a full minute.

16 Sing your heart out

It's no coincidence that Japan is officially the healthiest country on the planet and home of the noble art of karaoke. Professor Takeshi Tanigawa of Ehime University Graduate School of Medicine says that taking regular trips to your local karaoke bar is positively good for you. "Singers use deep breathing, which is good for the nervous system," he says. "And after, they usually receive applause. It is a good kind of social support." Our local videoke hubs shouldn't be any different.

17 Look for health on the middle shelf

Researchers at Cornell University found that you're 2.7 times more likely to snack on healthy food if it's on the middle shelf in your fridge. It works in mysterious ways...

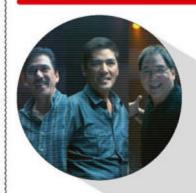
18 Give your fingers a rest

Bad news: texting lowers your life expectancy. A recent study in the UK suggests a link between the forward-leaning posture of texters with hyperkyphosis, an arching of the spine, closely linked with pulmonary disease and cardiovascular problems. So do yourself a favor and put the phone down.



Listen to your heart

Using a heart rate monitor can help you train smarter by giving you direct access to your heart. Whatever your goal is, monitoring your exercise intensity through your heart rate can be a great way of ensuring that maximum exercise benefits are achieved. Keep track of your ticker with the Pulse inear headphones from Jabra. As well as playing your running playlist, a sensor in your ear sends your realtime heart rate to an app, allowing you to fine-tune your workout.



20 Bring out the TVJ box sets

It turns out there's truth in the old adage that laughter is the best medicine. When we laugh, we stretch muscles throughout our face and body improve the function of our blood vessels, and we breathe faster, sending more oxygen to our tissues—much like a workout does.

Eat 'free-from' foods

Unless you're lactose intolerant or have celiac disease (allergy to gluten), your body is entirely capable of digesting a cheese sandwich on its own.

Crunch to shed the belly

Work your biggest muscle groups (thighs and ass) with weighted squats; they'll uncover your abs quicker than a plank.

Gargle your teeth clean

Mouthwash helps fight gum disease, but some contain alcohol, which can lead to bad breath. For healthy teeth, simply brush twice a day.

Sweat out your man-flu

Working out when you're feeling under the weather can actually weaken your immune system and make things worse. Take it easy!

Frozen 'health'

There are loads of low-cal frozen meals on the market, but in reality, they have a high sodium content and weird preservatives in them. Stay away.





Make time for morning glory

A study from the University of New South Wales found that exercising in the morning before breakfast is the best time if you want to lose weight. Scientists believe this may be because exercising before you eat means your body has to burn fat for fuel, as your glycogen stores will be depleted after a night of fasting.



26 Go green

Put the kettle on, but ditch the builder's brew. Practically caloriefree, green tea packs in theanine, an amino acid that reduces anxiety and stress chemicals in the brain, making you feel calmer. There's caffeine in green tea too, which when combined with the theanine improves brain function, perking your brain all the way up.

27 Eat good carbs

Carbs have taken a beating recently, but they're not all bad. In fact, you need carbs to fuel your workouts, and cutting them out entirely can make you ill. When calories and carbs are too low, levels of a vital glucose management hormoneknown as T3-drops, making you feel sluggish and cold. Swap out the refined sugars in crisps and white pasta and replace them with wholemeal grains, quinoa, and bulgur wheat.

28 Embrace playing with a

strap-on

From Novak Djokovic to Junmar Fajardo, elite athletes from all sports are covering their aching muscles with sticky tape. "Elastic therapeutic tape" is used to help athletes gain a greater range of motion after injury-and it could help you stay trim while you're recovering from a gammy leg.

29 **Get intimate** with a furball

Cats, dogs, gerbils, ferrets, rabbits, your balbon pal's chest, hamstersif it's hairy and you stroke it, your mood and general well-being will get a much-needed lift.



Get a grip

Want to lift heavier weights? Then work on your grip, not your lats. Fitness trainer Paolo Villaroel from Paolo's Bootcamp recommends squeezing tennis or stress balls to develop grip strength. For cost-cutters, "even typical household items can be used as exercising machines," says Villaroel. "Lift a five-kilo sack of rice with your fingers to train the correct muscles, so you can have that firmer grip you have always wanted."

Get some shut-eye

Not getting enough sleep can be lethal; it can increase your chances of diabetes and heart disease, kill your sex drive, and contribute to depression. Michael Alexius Sarte, consultant director of the Center for Snoring and Sleep Disorders of The Medical City, says getting out of bed early and eating your breakfast as soon as possible. "This readies your body for bowel movement, which regulates your digestion for the entire day," he notes.



Bask in the sun

Exposure to sunlight is a natural source of vitamin D. So get out and lower your risk of a premature death by as much as seven percent.

25 Get up, stand up, and

Most of us are now glued to office chairs, which researchers believe is increasing our chances of high blood pressure, heart disease, and cancer. Dr. Abundo C. Celera Jr. from ACC Orthopedic and Physical Therapy Clinics says standing during work gives a wide range of bodily movement. "This promotes good postural alignment, enhances blood circulation through the milking or squeezing action of muscle tissues to the blood vessels," he explains. But rehabilitation medicine expert Dr. Mark Homer T. Tiangco warns that prolonged standing, or any immobilization of muscles, for more than an hour may cause peripheral vascular problems. These cause improper blood circulation and may cause varicose veins to appear on the immobile muscles. "People who are required to stand for long hours should switch their weight often in order to counteract this effect, or wear compression socks or stockings to promote normal blood flow," Tiangco says.

HOW I DID IT

Harvard grad messes with your mom's adobo

I've always wanted to be an entrepreneur, not because of money, nor because of the free time, but because I'd be able to pick the people I work with. I've always liked being in control and surrounding myself with people I like to work with, and being an entrepreneur was the best way of doing that.

Why adobo? Because it's ridiculous how we have fast-food joints specializing in fried chicken, burgers, Japanese and even Chinese food, but nothing much when it comes to the national dish-it was just such an obvious gap in the market.

Actually, there's a personal reason as well. It was something that I cooked with my wife before when we were studying in Harvard together. I used to just wash the dishes, then I got sick of that so she made me cook the rice, but I got sick of that, too. So, the easiest dish to prepare when we were studying abroad that time was adobo, and that's how I learned how to cook.

> The worst thing about Harvard was the food. Adobo was the first and only dish I knew how to cook back when I was studying at Harvard, but it was all I needed when I was missing home.

The best way to learn about being an entrepreneur is to become one. Still, going to Harvard was a worthwhile experience. It wasn't even that hard-it was hard to get in, but once you're in, it was quite an easy ride. For some people I recommend they become entrepreneurs straight out. I also don't think that an MBA is for everyone. To be honest, I could have done without it. Come to think of it, is it too late to ask for a tuition refund?

CV

JEROME UY, 38

Currently: Founder and managing director at Adobo Connection Born on: October 21,

Educated at: Ateneo de Manila University, Harvard Business School

Previously worked at: Xurpas Inc., Bain & Company, Procter & Gamble Philippines

Everyone thinks they're food experts, so there's a lot of conflicting advice. And the Pinoy palate is really distinctivedifferent people want different things, and everyone has their vision of the perfect adobo. It was hard to compete with a product that's, admittedly, always best cooked by mom. We just sort of created an adobo that can be second best to your mom's adobo. There are still customers that say that their mom's adobo is better than ours, and we just say, "Yeah, you're right."

I don't really get bored of trying our adobo. It's a play of so many flavors-salty, sweet, savory, sour, spicy. There are so many recipes for it, and even when two cooks follow the same recipe, it tastes different. I think it's the ultimate comfort food.

My biggest inspirations are the young people I get to work with. Many of our most senior managers are just in their early 20s, and they bring so much passion and energy. What they don't bring is fear of failure, which is a good thing.

Our proudest moment so far is opening our first international branch in California last year. There's something deliciously poetic about how the idea for Adobo Connection was conceived in the US and how we're making it real there now. One of Adobo Connection's main things is making Filipino food mainstream abroad, and that's just one step toward that.

My role model would be

someone like the love child of Steve Jobs and Bill Gates. Jobs made great products but didn't do much philanthropy; Gates' products weren't very great but his philanthropy's impact is.

I'm now starting a venture

called MedGrocer. It combines the best practices from the tech and food industry to deliver trusted drugs to your doorstep. It's ridiculous how, when you're sick, you can order pizza to your house, but not your meds.

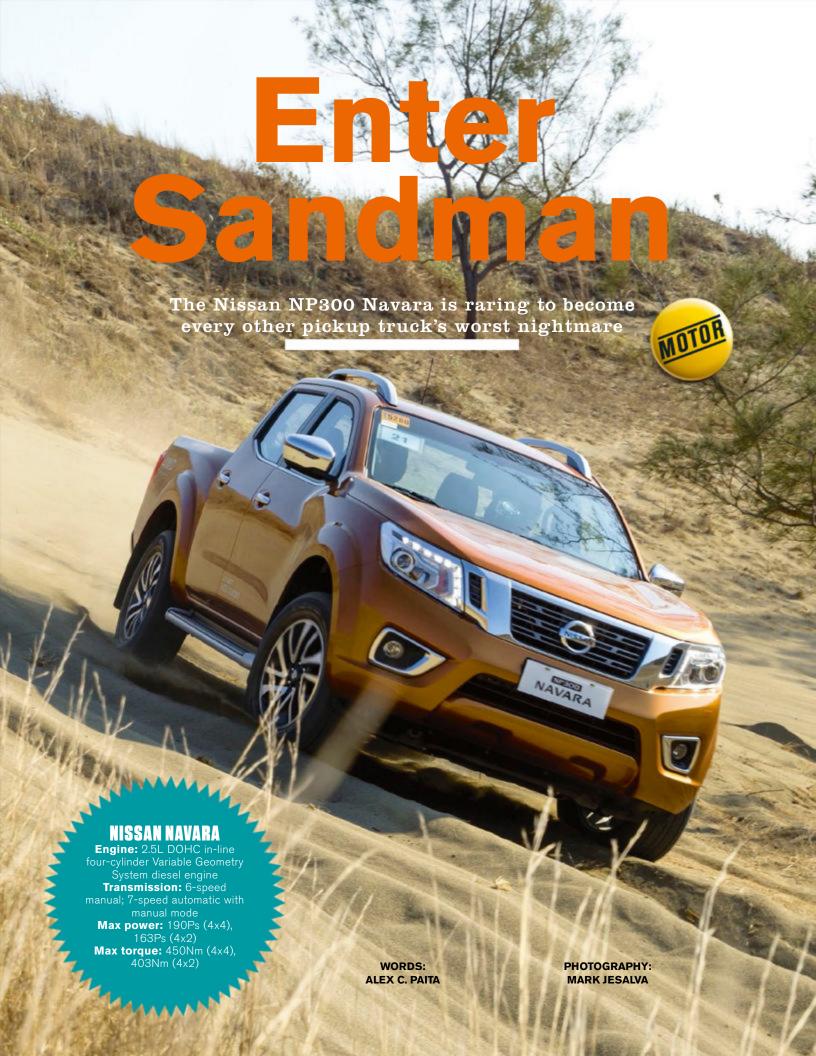
and choose the people you want to fail with-that's how you win. The damage done when you're young is limited, but the lessons learned last a lifetime. The absence of failure is the absence of challenge, and the absence of challenge is boring.

The key is to constantly improve, because nothing is ever good enough. How can we make it faster? How can we make things better? How can we make things more affordable?

Fail with people that you like,

because it gets so depressing when you fail with people that have such low energies and they just end up worrying and sulking all the time. People who don't fail don't get promoted in the company, because that means they're not doing challenging work.







It may look as though anyone driving the Nissan NP300 Navara is out to steal your girlfriend—it's that

imposing on the outside. That said, *FHM* would have been so tempted to just drive it around The Fort in the hopes of scoring curious stares (at the very least) from the ladies, and called it a legit "test drive." That would've been so good for our egos.

Thankfully, Nissan Philippines Inc. (NPI) had something else in mind.

Early this year they sent us, along with some 70 other car nuts from the media, to Ilocos Norte to take their latest and potentially most badass spawn for a spin.

We literally took over Marcos country for two days, driving to and from the most Instagramable spots to test the Nissan NP300 Navara's mettle. And as it turned out, we tested ours too.

Tough x smart

You get a pickup truck mainly for hauling power, cargo space, and suspension; fuel economy comes secondary. We tested the NP300 Navara's fuel consumption, anyway, via an Eco Run from Laoag to the Bangui windmills, and then to Paoay.

It was close to a 120-kilometer drive amid paved highways, rough roads, and obstacles ("Hard left! Palay on the roadside!"). Without compromising comfort—windows closed, the air-con on full blast, accelerating at will—we were able to achieve an average consumption of 13km/L on the manual transmission variant. Other teams who stuck to fuelsaving tactics such as keeping the RPM below 2,000 and shunning the air-conditioning were able to log more than a 20km/L fuel economy.

We lost the battle, but won the war—at looking so much better next to the majestic Bangui windmills during the photo-ops afterward.

Natural habitat

Vehicle Dynamic Control, Active Brake Limited Slip Differential, Hill Start Assist, Hill Descent Control, Traction Control System—all these features meant diddly squat until we tried them on the punishing sand dunes of La Paz. With the aid of an expert navigator, we took turns at











Despite its tough exterior, the Nissan NP300 Navara seemingly has a soft spot for breathtaking sunset views. It enjoys barkada outings as much as you do. It's religious, too—even stopping by Paoay Church for a short moment of reflection. And for the record, its name is really spelled with one 'r.'



driving the NP300 Navara and giving it a free-play where it's happiest.

Like a wild beast unleashed, the Navara took on the sandy hills with incredible prowess. Its shift-on-the-fly 4x4 system allowed us to easily adapt to the changing demands of the terrain with a simple press of a button. Going downhill at ultrasteep slopes was so much less nerve-racking, thanks to its Hill Descent Control—activate it and, voila!, no need to press on the brakes. The truck takes care of

that for you.

It was, of course, equally pleasurable once we sat in the backseat. Despite the insane angles and bumpy course, we felt like babies being lulled to sleep with the truck's soft five-link coil suspension with stabilizer bars. Too bad we were too pumped up to actually fall asleep.

All the *longganizas* and *empanadas* we feasted on all throughout the trip? You could say they were all well-deserved. Now if only the Navara could have one too.



Beachside Techy w

Here's to another summer. Your new outdoor gear awaits...





ECOXGEAR ECO TERRA WATERPROOF CASE & SPEAKER

Houses smartphones, music players, car keys, and additional anik-anik collectively weighing up to 1 lb in its waterproof nylon compartment-dry and dagat free. Dunk it in the water, and it floats. Or keep it beachside as it plays over 25 hours on easily swappable AA batteries.

Score for: About P8,000,

PANASONIC LUMIX DMS-TS6

Water-proof, freeze-proof, shockproof, dust-proof, and pressure resistant. Now you can really take those truly adventurous trips-or take an exceptional shot of that tocino in the freezer. It's not just about photos either. This camera can record 1920 x 1080 pixel video clips at a maximum frame rate of 60fps, coupled with a stereo microphone. Connect via WiFi and take advantage of the Near Field Communication tech feature that lets you use an NFC-compatible smartphone as

shutter remote, wirelessly. Sports an altimeter, barometer, compass, and built-in GPS too.

Score for: P13,130, Lazada



ECOXBUDS WATERPROOF EARPHONES

Pair up your EcoXGear speaker case with an equally weatherproof set of earphones. For days when you prefer to keep the music to yourself and feel the vibe, whether your swimming, or soaking under the rain.

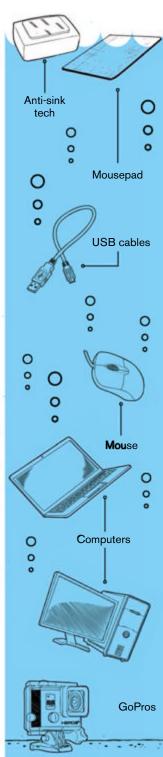
Score for: P1,760, Lazada

WAKA-WAKA POWER +

Once you get past the funny name, let's acknowledge how important a solar panel that charges-and also stores what juice it accumulates-under the sun is. You don't have to makehabol with the usual come-asit-goes power by sticking your phone under the sun, too. You simply leave this beach side, while you go swimming for half the day, then whip out your phone in the shade to charge. If that wasn't eco-friendly enough, its rugged case 4-ft-droppable

TECH THINGS THAT WILL FLOAT/WON'T FLOAT IN THE WATER

WILL (PROBABLY)



shock-proof body is also made of 100% recycled PC-ABS housing. Four light settings also turn your solar powerbank into an outdoor emergency light of sorts.

Score for: P3,520, waka-waka. com or solarforphilippines.org



GARMIN FENIX 3

Sure, it's probably overkill to have a smart watch that's also a sports watch, but this wrist slap has dual duties for both workout and adventure: waterproof up to 100 meters into your dive, and installed with a GPS you can use for up to 50 hours (two days) of map reading—in case you're not especially good at reading directions. A "breadcrumb" trail feature also leads you back to your starting point if you get lost. Add in a barometer, auto-calibration altimeter, axis e-compass, plus fitness to fps tracker for your vertical drops, and you'll forget the Fenix 3 doesn't have a touchscreen. Did we mention it has Wi-Fi too?

Score for: About P22,000

Score for: About P22,000 (standard) and about P24,000 (With heart rate monitor), *Garmin official stores/resellers*

O® Polaroid socialmatic

The ideal camera for laidback travel vacation shooting with a twist: Socialmatic is an Android camera that's also a Polaroid. That means it can print out photos on the spot just as you're 'gramming your photos up, or installing apps on the camera's smartphone-like 4.5-inch touchscreen. Should be a no brainer.

Score for: About P14,000, *Amazon*

ILLUSTRATIONS: LOUIS ARENAS

WON'T

HOLOGRAPHY, REALLY? WORDS: VINCE SALES

A bold new vision of the future has been unveiled, and it involves a geeky thing you wear on your face-something called holography, and a whole lot of "Punyeta, how'd they do that?" Most surprising of all, it's a device that's not from Apple, or Google, or some hot new startup. It's from stodgy old Microsoft...

HOLO-ANO RAW?

The device is called HoloLens. Think holograms and you're not far off. Technically, it's a head-mounted holographic computer. In many ways, it's similar to Facebook's virtual reality gizmo, the Oculus Rift, except it works with the real world instead of locking it out. To curse HoloLens with premature death, you can think of it as wraparound Google Glass. But unlike Glass, HoloLens is one part virtual reality headset, one part augmented reality genius, and one part hologram magic.



Display

Light photons enter lenses that cover your eyes where they bounce around red, green and blue glass, and then trick your eyes into thinking you're looking at a solid object.

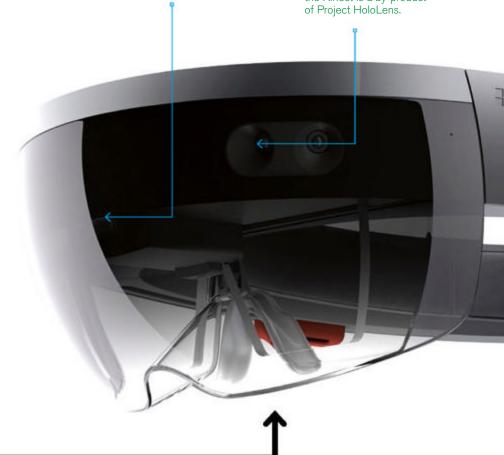


SO WHAT DOES HOLOLENS DO?

Microsoft revealed a number of uses in its demo video. There was a part with designers collaborating on a motorcycle design by looking at a hologram floating in space. In another part, you had actual NASA scientists immersing themselves in a virtual reality recreation of the planet Mars so that they could figure out where to drive the Mars rover next. You also had a whole bunch of screens suspended in the air and Skype calls where your plumber could help you fix your sink with the aid of augmented reality. All very impressive, but one demo stole our hearts, and that was...

Camera

The depth camera tells HoloLens what's in front of you IRL (in real life), just like your Kinect camera tells your Xbox what's in front of it. In fact, the Kinect is a by-product





3D MINECRAFT ON YOUR COFFEE TABLE

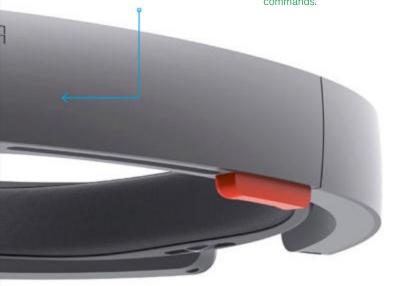
Who's to say if we'll all want to walk around our living rooms with HoloLens strapped to our heads? It's too early to say. But one thing is for sure: we'd give our left testicle to play Minecraft in 3D space. All of a sudden, Microsoft's acquisition of Mojang for US\$2.5 billion makes sense.

Computer

A trio of processors handles all the information HoloLens is getting from its sensors. There's a CPU, a GPU, and an HPU-Holographic Processing Unit, in case you were wondering.

Interface

As if you won't look dorky enough wearing HoloLens, you will control it with gestures-again a la Kinect-and voice commands.



Wireless

A final design is still in the works, but we do know that the whole contraption will not be tethered to your laptop.

Software

It will run Windows 10. Of course.

WHAT MICROSOFT DIDN'T SAY

It's early days for the HoloLens. But just like the iPhone and the Oculus Rift, its future depends on what developers can do with the device when they get their hands on a developers' kit in the middle of this year. Minecraft. Mars Rover, hologram motorcycles. That's just the beginning. With a little bit of work, we think much more is possible. Pay attention, developers!

(06)HOLOLENS PORN

Make this a reality, developers. With a little bit of 3D scanning or some kind of holographic camera (not yet a reality, but make it happen, people), you can drop an entire porno shoot into your living

HOLOGRAPHY IN THE MOVIES

Of course, you've seen hologram tech countless times before



(1977 - 2005)Star Wars



(1999 - 2003)The Matrix



(2002)**Minority Report**



(2008)Iron Man

(07) AUGMENTED REALITY PEOPLE

You know how Kinect makes you look like a really cool dancer in Dance Central? Why, it's not much of a stretch to slap a 3D model on top of your fat friends, so you'll never have to look at their ugly faces ever again. After all, there is Kinect technology in HoloLens. You can turn people into video game characters, or superheroes, or Adriana Lima if there's a 3D scan of her. But why stop there?

(08)

AUGMENTED REALITY SEX

Stick a 3D model on top of your girlfriend, and you'll never have to fantasize about making love to someone else ever again. You can live the dream, friend.



USER INTERFACE

Keyboard and mouse is so last century. Touchscreens are so last decade. With HoloLens' ability to track your hand gestures, you can create brand new interfaces for software and games. You know, like Tom Cruise in Minority Report. Turn your favorite chair into a cockpit of an airplane, or learn how to DJ with two turntables. The sky's the langit.

(10) HOLODECK

If HoloLens can turn an empty room into the surface of Mars, why not the Grand Canyon, or the Louvre? You can turn your bedroom into any place software developers can imagine, and then you can interact with the objects there like they were real. In effect, Microsoft has just invented Star Trek's Holodeck. Nerds, rejoice!



SHOPPING

So you like that new pair of adidas sneakers you saw online? Turn it into a hologram and you can look at it up close and personal as if it were right in front of you. Heck, you can even try it on. Maybe, with even more technology, you can print it out on your 3D printer. Together with gaming, it's practical (and profitable) applications like this that make us believe that HoloLens has a bright future ahead. That, and, erm, HoloPorn.

ILLUSTRATION: GILBERT DAROY; HAIZA'S PHOTO: JOSEPH PASCUAI

TRUE STORIES

Not even the sweltering heat can keep you from hurting yourself...



After-party spoiler

I have a habit of wearing boxer shorts with no shirt as *pambahay*, especially during the weekends. Once, when I was playing a little game of *tagu-taguan* with my little brother in *pambahay*, I counted down and searched the upstairs room. Not finding him there, I rushed downstairs where I was certain my kid brother was hiding. To my horror, my teenage sister and all her girl friends were there eating dinner. The looks on their faces were of unpredictable. I couldn't tell whether they were uncomfortable or just surprised. I pretended that I needed something from the fridge, got a bottle water, and went straight back up. My brother stayed downstairs, grinning from ear to ear.

#Tactics, via facebook

Underdressed

My male pitbull and male beagle always had territorial problems so they would often get in a bloody brawl. One time as I was getting ready to shower, I heard grunting and growling. Panicked that my dogs might hurt each other, I ran down to our garden in my towel where my pitbull and beagle were without leash. I had to restrain them both, and in the midst of the brawl, the bath towel wrapped around my waist fell off. The only saplot I had. Naturally, passersby who were able to see us from the opened gate switched from looking at my brawling dogs, and

then to me butt naked. After our house helper came to cage the dogs I ran back inside the house, a little humiliated.

Theo, by email

Peanut butter fingers

I was in 2nd grade then. I'm always the first one to arrive at the classroom because I hated playing during recess. I was sitting alone in the room when suddenly I felt the weird-tasting milk during recess gurgle in my tummy. I tried to squeeze my butt cheeks to prevent myself from farting but to no avail. I farted, but also felt that there

was something else there. I took the risk of checking my brief with one hand and-bad luck-got chunky peanut butter stripes all over my fingers. I panicked. I got the notebook of the seatmate nearest me and wiped my fingers on its pages. When he got back, my seatmate was probably trying to figure out what the "peanut butter" thing was so he held it close to his nose. A little while later, it was clear what it was when someone shouted, "Yuck may tae sa ilong!"

Totoy_brown, via facebook

No tapa here

It was my first day on the job. I'm kinda introverted so it's hard for me to make friends quickly, so I was really happy when one of my co-workers invited me to have merienda with them. They even said it was the boss' treat! I said to myself, "Wow, maybe this is my chance to make some friends!" But when they saw me walk into the room, everyone became quiet. They all looked at each other with nervous smiles until our boss broke the silence, "Uy, mukhang kulang nabili mo ah." The girl who was tasked to buy the food apologized to me several times and I just smiled and continued working on my own.

BrokenHeartedBurgerBoy, via email

TRUEPabeSTORY



Haiza Madrid

This happened during the height of the holiday season last December. I went out with my girl friends to have dinner somewhere in Makati. We were all dressed up to go to a fancy restaurant, and since I have a hard time seeing in the dark (and I've long neglected seeing an eye doctor for my prescription glasses), I was careful walking through the parking lot to the restaurant. When we reached the entrance. I didn't notice that there was a glass door! It was super clean and clear that I almost walked through it. I bumped my face right on, I even left makeup marks on the glass. It was so embarrassing, but my friends and I just laughed it off. So much for being poised!

eit that there



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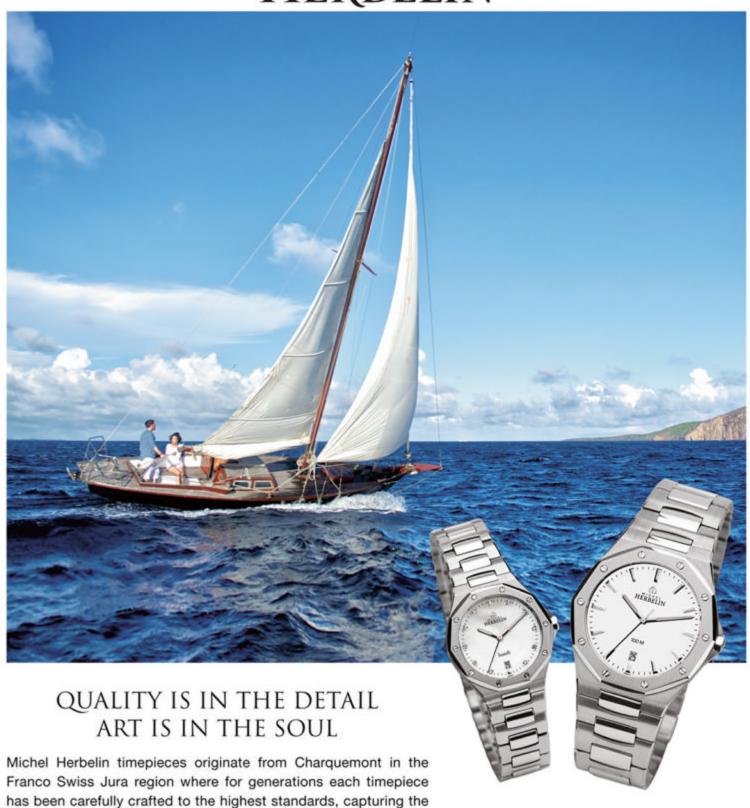
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